

Visitation Valley Welcomes New Coffman Pool Facility



After closing for two years during construction of a modern new facility, Visitation Valley neighbors and friends attended a ribbon-cutting event the morning of July 11 for the reopening of Coffman Pool on Visitation Avenue at Hahn Street next to McLaren Park. Replacing the original structure built in 1957 and opened on Nov. 15 the following year, the current facility is open Tuesday through Saturday and features a new entry lobby, reception area, public restrooms, locker rooms, a family changing room, staff and support spaces, and an outdoor patio. More photos on page 3.

Weed and Seed Essay Finalists Win Trip to Florida

Two student essays were recently selected by a Visitation Valley steering committee as winning entries in a Weed & Seed contest where the topic was: "As a young leader, how can you bring positive change to your community?"

Andrea Beasley, 16, of City, Arts and Technology High School and Byron Perkins, 16 of Principle Center Collaborative both were awarded a trip in July to a Summer Youth Leadership Council Camp held at Deland, Florida featuring workshops geared toward developing youth leaders and solutions to violence.

Following are their essays: As a Young Leader, How Can I Help Bring Positive Change to My Community?

by Andrea Beasley

As a youth growing up in society today, it is extremely difficult to continuously stay positive. Especially in a low-income community where the status quo already starts off with a negative view point, expressing that we are not likely to make it far in life. Being a natural born leader, I try to stay positive and keep my faith in god in order to get through my day. It's been said that it takes a whole village to raise one child. In that case, it is everybody's responsibility to put effort in raising and educating youths of today. As a youth and the eldest of four, it is crucial for the benefit of my younger siblings that I set a good example. The change has to start somewhere or nothing will get accomplished, and procrastination will continuously be the outcome. Where will the cycle end?

A true leader stands alone and is not afraid of being different. Instead of following the latest trends why not set them? Positive encouragement is a big issue that is lacked in low-income communities. Many

people today have the ingredients needed to make it far in life, but there's one item missing, confidence. Confidence is something that is taught through positive encouragement. A way I can help bring positive change to my community is by also encouraging my neighbors to think critically and to not believe all of the propaganda that many are influenced by.

In addition, leadership skill should not be put to a halt after I grow up and become an adult. In order for the next generations to be able to make that possible, I plan to continue to give back to my community and the young ones to come. My goal is to go away to college and when I come back I always had a dream of opening up a school or program that would be beneficial to youths of the future. My goal for this school/program would be to allow youths to be able to have a positive outlet so that they will be able to start their race of life at a more progressive rate.

In my opinion, procrastination is the reason why low-income communities are not progressing at a more rapid rate. Work ethic is decreasing and the only ones that will suffer will be the next generations to come. So as a community why can't we all, myself included, put effort to keep our youths alive and free? Let's prove the status quo wrong. All it takes is positive leaders with positive encouragement, because at the end of the day we define our own destinies.

The Empowered Leader I Have Become Today

by Byron Perkins

Living in a world of havoc and mayhem, has given me the ambition to be a positive leader in society. Growing up in my neighborhood, I noticed a lack of leadership and role models whom the youth could look

up and relate. As I watched my community fall apart due to drugs, alcohol, gang violence and the lack of the communities' respect, it saddened my soul. So I decided to take a stand in my life to stay away from drugs and violence, because if I didn't, I knew it wouldn't have a positive affect on my future. I have set goals for myself, and I plan to be successful in life and never give up. By staying focused and following my dreams, it puts me in a position to be a positive role model to my family and friends and help them gain a sense of positive direction. I would like to help my family and friends understand the importance of there involvement in the community by networking and conducting outreach. By helping people become more involved in community issues, more needs can be met.

I have begun my quest by joining a grass roots organization (ACORN) Association of Community Organization for Reform Now by going out into neighborhoods and asking questions regarding concerns and/or issues in their community. I think it is very important for a community to come together as one and fight for change. I also let the community know about different events and meetings that would benefit the community in which they live. Also, I have let schools, churches, and businesses know about concerns and issues in their community. This way, neighbors and friends can have input in which to fix or improve systemic issues that are affecting our communities. It is not about me doing all the work. It is about the community joining together to make positive changes to make a better place for everyone to live and work.

I would use the training and experiences that I would receive in Florida to pursue these goals.

New Valley Library Possible by 2010

by Betty Parshall and Russel Morine

Chief Librarian Luis Herrera, several library staff members, library supporters, and the project architect joined nearly 40 Visitation Valley residents on the evening of July 22 to hear a status report regarding the construction of Visitation Valley's new branch library.

According to Library staff, the delayed project is very near the end of the community input/design phase and will soon move into the construction document stage.

The preparation of construction documents will take approximately 8-9 months. When these documents are complete in the Spring of 2009, the project then goes out to "bid." Established construction companies will then review the plans and "bid on the job."

Generally, the lowest bid from a qualified construction company is awarded the contract. The project then moves into the construction phase.

If all goes as planned, construction will commence in the Fall of 2009 and completed by late 2010. The closure and demolition of the Superfair Market, the site for the new library, has not been determined.

The majority of the meeting centered on the evolution of the design since the late 2007 meeting. Most notable was the increase in the size of the "community" room, (which was vigorously called for by the community) and the relocation of a basement (which was not called for by the community).

Several residents had concerns regarding the placement and numbers of restrooms (there will be four), the size of the staff only area, the location of a janitorial/ storage room, and the design of the shelving systems.

Library staff cautioned the audience that at this stage, major design changes could seriously affect the proposed timeline but they would be willing to look into some of the points raised.

Andrew Maloney, project architect, reviewed the steps undertaken to ensure that the new building meets the City's strict green

building standards. Those in attendance were dazzled by this detailed presentation. The description of the air exchange systems alone was worth the price of admission.

The meeting continued with a short presentation by Ellen Shershow, a representative from the San Francisco Arts Commission. She announced that by law all publicly funded projects of this scale must reserve an amount equal to two percent of construction costs exclusively for the creation of "public art" that beautifies and enhances the finished building (this funding does not come from the construction budget.)

A panel of three community members (elected by the community), the project architect, an art commission representative, and the Valley Branch manager will be involved in the artist selection process.

A pool of artists will be selected and a community meeting will be scheduled to express ideas and opinions on what kind of art is favored.

The artists then develop proposals which will be displayed in the community for two weeks, followed by a second community meeting where people can comment and express opinions, with the intention of coming up with the final choice.

The Arts Commission has the final say on the artist selected, with the community input given top priority.

For detailed information about this process visit www.sfpl.org and click on BLIP (branch library improvement program).

As the project moves closer to realization, the Friends of the Library, a separate non profit organization, will begin to raise funds to furnish and equip the new building (the \$11+ million dollar budget only covers construction cost).

Fortunately, the Visitation Valley History Project has a head start on the fundraising by the dedication of all its profits from the sale of the acclaimed Visitation Valley history book and used books sales.

Phased Closure for Potrero Power Plant

The controversial plan to build \$273 million worth of brand new power plants to replace San Francisco's aging Mirant Potrero Power Plant appears to have at last had its plug pulled.

The San Francisco Public Utilities Commission (SFPUC) voted 3-0 July 22 to rescind the contract to build new power plants in Southeast San Francisco that has sat before the Board of Supervisors since March.

Commissioners Richard Sklar, David Hochschild, and Dennis Normandy voted in favor of rescission, while Commissioner Ann Moller Caen was out of town and Commissioner F.X. Crowley left the room before the vote.

The rejection of the "peaker" power plant proposal caps a remarkable past several months in which Mayor Gavin Newsom, who once supported the plan, withdrew his backing to join a chorus of residents, environmentalists, social justice activists, and Supervisors Michela Alioto-Pier, Ross Mirkarimi, Chris Daly, and Tom Ammannio in opposing the measure.

By reengaging state regulators in June of this year to reassess the 2004 plan that required the construction of new power plants to replace the Potrero Plant, Mayor Newsom was able to secure closure of over 90 percent of the Potrero Plant in 2010, with the remaining units to be retrofit and on standby as San Francisco develops in-city renewable energy sources.

According to the SFPUC, the new alternative will result in no cost to the City and drastically reduce pollution in the City's

Bayview-Hunters Point and Potrero neighborhoods.

The SFPUC will now determine how many of the remaining Potrero units to retrofit, and whether the City can accelerate the estimated three to five years before the plant closes in totality.

The new power plants were projected to run 2,000-4,000 hours per year for 18 to 30 years.

The retrofit option "is the true temporary solution before becoming power plant-free" said Commissioner Sklar in introducing yesterday's resolution.

Commissioner Hochschild added that the City should no longer consider "an investment of this size" in fossil fuel-burning power.

Activists from the Sierra Club, the Green Party, and Brightline Defense pointed out that with SFPUC Deputy General Manager Barbara Hale's July 1 announcement that the retrofit proposal would be cleaner than building brand new power plants the new peakers should be rejected as an option.

The Board of Supervisors, whose President Aaron Peskin is chief among the remaining power plant supporters, will have the opportunity to consider the impact of yesterday's decision when it reviews the power plant contract on August 12.

Meanwhile, the Board has requested that the SFPUC study whether the remaining units designated for retrofit may be replaced by transmission system upgrades, allowing the entire plant to be shut down in 2010.



Leland Avenue Street Fair Returns To Visitation Valley on Sunday, September 14, 10 a.m.

The Third Annual Street Fair is looking for volunteers, vendors and sponsors. To get involved, contact VVBOOM Program Manager Nick Wolff at (415) 587-7896, ext. 104.

Yet Another Promising Year of Longevity

With this issue, *Visitacion Valley Grapevine* begins its 23rd year of service to the neighborhood. Since 1986, when the newspaper was expanded from a sporadically published newsletter called *What's News*, we've strived to live by our motto - *Serving Our Community* - and feel quite satisfied in that accomplishment.

As always, contributions of stories and photos from the community are both encouraged and appreciated. Any news items, activities of organizations, church announcements, future events, accomplishments, social notes, letter to the editor or stories about life in Visitacion Valley can be sent by email to: visvalley@earthlink.net, by regular mail to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134, or in person to the Grapevine office on the second floor of Visitacion Valley Community Center at 50 Raymond Ave. Items should be received by the 15th of the prior month's issue.

And in mentioning contributors, a most heartfelt appreciation goes to the local writers who have made the preceding year of this newspaper something special. Numerous contributions from Betty Parshall have exceedingly enhanced the Grapevine's content, including both her informative *McLaren Park News* and *Notes* and nostalgic *Visitacion Valley History Project* columns. Russel Morine is the one-and-only *Joe Leland*, for years a major contributor of interesting pieces. Important stories and photos have also been published in the Grapevine by Edie Epps, Fran Martin, Julie Kavanagh, Crezia Tano, Nick Wolff, Justyna To, Tom Lee, Michael Bennett, Katherine Williams, Tom Kennedy, Aaron D. Kudatsky, Anh Le, Kevin Blackwell and Wen Chin Chen, along with vital input from all the schools in the neighborhood. -Len Appiano, Editor

Grapevine Mailbox

Can I Borrow \$25?

A man came home from work late, tired and irritated, to find his 5-year old son waiting for him at the door.

Son: "Daddy, may I ask you a question?"

Dad: "Yeah, sure. What is it?" replied the man.

Son: "Daddy, how much do you make an hour?"

Dad: "That's none of your business. Why do you ask such a thing?" the man said angrily.

Son: "I just want to know. Please tell me how much do you make an hour?"

Dad: "If you must know, I make \$50 an hour."

Son: "Oh," the little boy replied, with his head down. "Daddy, may I please borrow \$25?"

The father was furious, "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I don't work hard everyday for such childish frivolities." The little boy quietly went to his room and shut the door.

The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money? After about an hour or so, the man had calmed down, and started to think. Maybe there was something he really needed to buy with that \$25. And he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

"Are you asleep, son?" he asked.

"No daddy, I'm awake," replied

Events in August at Valley Branch Library

Following are events in August at the Visitacion Valley Branch Library, 45 Leland Ave.:

*Aug. 5, 12, 19 and 26, Tuesday: Mother Goose on the Loose with stories songs and rhythms for babies and toddlers at 11:30 a.m.

*Aug 12, Tuesday: Sing, move and play rhythm intruments with the librarian during Preschool Music at 10:30 a.m.

*Aug. 19 and 26, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.



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Impact of Organized Retail Crime on Bay Area Businesses

by State Senator Leland Yee

Early this month, a major organized retail crime ring that had been targeting Bay Area businesses for years was broken up, due to the dedicated efforts of the San Jose Police Department, US Attorney's office, Internal Revenue Service, Federal Bureau of Investigation, Safeway and other retailers. I applaud the effort that went into capturing the criminals who were involved in the purchase of merchandise stolen from major retailers, the reselling of these stolen goods, and the shipment of them to other states.

While you may never have heard of it before, Organized Retail Crime has likely impacted your life negatively. Unfortunately, a substantial number of crime rings have been targeting the stocks of retail chains, decreasing our access to products and driving up prices throughout California. Oftentimes the targets are relatively innocuous, such as razor blades, toothpaste and baby formula, yet these thefts cost the U.S. economy in excess of \$37 billion a year. These products, after being stolen from retailers, are often resold wholesale to other retail chains run by less than savory individuals willing to profit off of these ill-gotten gains. Meanwhile, the cost of the stolen merchandise is passed along to consumers, leaving the rest of us holding the bill.

Improving Quality of Life of 12th Assembly District Residents

by Assemblywoman Fiona Ma, CPA-Majority Whip

I am pleased to report on the success of a number of pieces of legislation that will have a positive impact on the quality of life of those in the 12th Assembly District. While establishing my legislative package this year, I paid close attention to the issues impacting our neighborhoods. Graffiti, curbside recycling theft and the presence of unlicensed businesses that are operating in the underground economy and harming law abiding business owners are issues of concern that I heard about at neighborhood meetings and community events.

Last month, Assembly Bill 1767 was passed by the Legislature and is currently awaiting action by Governor Schwarzenegger. This bill is an anti-graffiti measure that will finally stop San Francisco graffiti offenders from bypassing community service when they engage in a civil compromise.

Currently, many taggers are settling cases outside of court by agreeing to pay the property owner the costs for removing the Graffiti. A civil compromise allows a tagger to escape a misdemeanor vandalism charge and prevents the offender from appearing before a judge and performing community service. The City of San Francisco spends more than \$20 million annually to clean-up graffiti and it is simply not fair that offenders are not being forced to do their part to clean up graffiti. During legislative committee hearings, San Francisco Graffiti Advisory Board member Shirley Wang and SFPD Officer Chris Putz both offered compelling testimony on the extent of the civil compromise problem in the City and on the importance of AB 1787 for San Francisco.

After working with Public Defender Jeff Adachi, the final version of the bill will allow San Francisco to require that all graffiti offenders who engage in a civil compromise to complete a minimum of 24 hours of community service.

Another bill that is successfully moving through the Legislature is Assembly Bill 1778, which will crack down on curbside recycling and newspaper rack theft. After passing the Assembly in June, the bill received bi-partisan support in two Senate policy committees and is set for a hearing in the Appropriations Committee.

Since the price for recycled materials has been increasingly on the rise, curbside recycling scavenging has evolved into a lucrative business in communities across the state, where highly organized crews with large trucks roam the streets late at night, disturbing residents and leaving behind a mess on the sidewalk. San Francisco residents are all too familiar with this problem.

While it is already a crime punishable by a \$500 fine to steal from curbside bins, police resources are too thin to allow law enforcement to respond immediately to these thefts. AB 1778 will offer the police better enforcement tools and also deter poachers from committing future offenses. The legislation will require individuals turning in large amounts of CRV containers or newspapers to show ID and would require the recycler to pay CRV redeemers in the form of a check and

retain a copy of the ID and a record of the transaction. This will create a very important paper trail for law enforcement when the police investigate these poaching rings.

Finally, I am pleased to report that Assembly Bill 2592 is also moving through the Senate and is currently in the Appropriations Committee. Last year, an investigative report conducted by KGO Channel 7 showed that of the 2,300 San Francisco locksmiths listed on yellowpages.com - only seven percent actually were licensed. This was very disturbing to me considering that these unlicensed locksmiths are often replacing the locks in our homes and overcharging customers by thousands of dollars.

AB 2592 will raise the current fine for practicing without a license from \$1,000 to \$10,000 and will restrict the ability of underground locksmiths from issuing phony advertisements. With the additional fine, there will be a greater disincentive to perform jobs without a license and provide an incentive for district attorneys to go after those who are overcharging consumers and not paying any taxes.

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HAPPENINGS AT THE VALLEY LIBRARY

by Wen Chin Chen
Valley Branch Librarian

Teen Advisory Council

Hey Teens: Check out your library!

Do you want to make a difference? Do you want your voice to be heard? Do you care about your community and your library? Then the Visitacion Valley Library's Teen Advisory Council is the place for you.

We meet every month to choose new books, movies and music for our growing Teen collection. You'll have a say in what kinds of programs, events, and parties are planned for teens. You'll have opportunities to meet with library administrators to let them know what improvements can be made to make the library more inviting to teens.

When you join the Teen Advisory Council, you agree to learn leadership skills such as sharing your opinions, negotiating with other teens, speaking in public (if you want!), contacting other agencies, applying for special funding (money!!). As teenagers, we can give our input on how money provided by the Friends and Foundation of San Francisco Public Library should be spent. In the past, we've successfully started S.A.T. prep workshops, film programs, and Chinatown's Teen 'Zine publication.

If you're interested in becoming a Teen Advisory Council Member, contact Abby, Teen Librarian at: aharwood@sfpd.org or 415.355.2848

You can also contact me or add me as a friend on the social networking

site MySpace: www.myspace.com/sfteenlibrarian.

I am constantly updating my page by adding new songs from albums purchased for Visitacion Valley's teen collection and blogging about all the new books that are coming into the library. Check out photos taken by neighborhood teens who participate in the Click, a monthly digital photography club hosted at the Portola Library. Don't miss out-ask me to be your friend and you'll be able to catch all the bulletins about cool upcoming events for teens!

Hot Teen Titles to Look For at Visitacion Valley Library:

**Bratfest at Tiffany's: A Clique Novel* by Lisi Harrison

**The Final Warning: A Maximum Ride Novel* by James Patterson

**The Fold* by An Na

**Hotlanta* by Denene Millner and Mitzi Miller

**I Heart You, You Haunt Me* by Lisa Schroeder

**Snitch* by Allison van Diepen

**Fruits basket: Vol. 19* by Natsuki Takaya

**Naruto: Vol. 28* by Masashi Kishimoto

**Shaman King: Vol. 16* by Hiroyuki Takei

**Tsubasa: Vol. 17* by Clamp Group

**88,101 Things You Need to Know: And Some You Don't!* by Tracey Turner and Richard Horne

**Ana's Story: A Journey of Hope* by Jenna Bush

**Cyclone* by Baby Bash

Also: *Jordin Sparks, T.I. vs T.I.P., Balls of Fury, Feel the Noise, and The Game Plan.*

the boy.

"I've been thinking... Maybe I was too hard on you earlier," said the man. "It's been a long day and I took out my aggravation on you. Here's the \$25 you asked for."

The little boy sat straight up, smiling. "Oh, thank you daddy!" he yelled.

Then, reaching under his pillow he pulled out some crumpled up bills. The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father.

"Why do you want more money if you already have some?" the father grumbled.

"Because I didn't have enough, but now I do," the little boy replied. "Daddy, I have \$50 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

The father was crushed. He put his arms around his little son, and he begged for his forgiveness. It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that \$50 worth of your time with someone you love..

If we die tomorrow, the company that we are working for could easily replace us in a matter of hours. But the family and friends we leave behind will feel the loss for the rest of their lives.

Three Things in Life

- Three things in life that, once gone, never come back
1. Time
 2. Words
 3. Opportunity
- Three things in life that can destroy a person
1. Anger
 2. Pride
 3. Unforgiveness
- Three things in life that you should never lose
1. Hope
 2. Peace
 3. Honesty
- Three things in life that are most valuable
1. Love
 2. Family & Friends
 3. Kindness
- Three things in life that are never certain
1. Fortune
 2. Success
 3. Dreams
- Three things that make a person
1. Commitment
 2. Sincerity
 3. Hard Work

Grapevine on the Web
Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

New S.F. Violence Prevention Plan

Mayor Gavin Newsom recently released San Francisco's Violence Prevention Plan at the Omega Boys Club. As part of the release of the plan, Mayor Newsom unveiled the "Alive and Free" public education campaign and summer resource guide. The *Alive & Free* violence prevention model will be adopted as San Francisco's overarching violence prevention philosophy.

"The Violence Prevention Plan focuses on both the immediate response and long-term solutions to mitigating the problem of violence on our streets," said Mayor Newsom. "The Plan is a blueprint for how we collectively – as a city family and community – come together to transform San Francisco streets and neighborhoods into healthy, safe environments."

The Violence Prevention Plan contains a set of strategies to prevent violence and deal more strategically with factors that contribute to violence. There are five areas of focus of the plan:

*Stronger coordination between city agencies so local government is more capable of addressing violence prevention, particularly social services and law enforcement.

*Improved partnership with community organizations working to achieve violence prevention so they deliver high quality services within a uniform set of standards.

*Greater accountability to achieve concrete, measurable outcomes – both short-term intervention for the most at-risk community members and long-term outcomes in 10 major policy areas: jobs; housing; education; reentry; youth development and empowerment; community transformation; family and senior support; trauma reduction; community policing; and firearms, alcohol and drugs.

*Alignment of city resources to strategically address the "root causes" of violence (both social conditions and individual behaviors).

*A strong citywide violence prevention philosophy and multimedia public education campaign that support effective violence prevention efforts.

The Violence Prevention Plan was

formally implemented by Mayor Newsom in the executive directive "Implementing San Francisco's Violence Prevention Plan." The directive calls for the following measures:

*Individual agencies will continue existing efforts while participating in strategic coordination activities.

*A Violence Prevention Advisory Committee will be convened to oversee implementation of the Violence Prevention Plan and jointly develop effective policies and approaches to prevent violence that link human/social services and law enforcement strategies. There will be 10 at-large community seats to ensure participation of affected communities.

*An Interagency Council of city department directors will coordinate the five signature initiatives aimed at better serving and transforming vulnerable communities: Communities of Opportunity (C.O.O.), Transitional Age Youth, Hope SF, workforce development efforts, and the Violence Prevention Plan.

*Adoption of the Alive and Free methodology developed at the Omega Boys Club by Dr. Joe Marshall, recognized by the Annie E. Casey Foundation as one of 15 promising national practices for preventing violence, as San Francisco's uniform philosophy for violence prevention.

"Our goal is to promote the message of Alive and Free with the people and places our young people come in contact with – schools, hospitals, churches, stores, buses, recreation centers," said Dr. Joe Marshall, Founder/Executive Director of the Omega Boys Club and Police Commissioner. "This means out of harm's way, and free from incarceration."

Additionally, furthering the executive directive issued in 2006 to combat summer violence, the Mayor's office has been convening the Summer Street Violence Prevention Council in February each year. This year, the Council identified several major activities in five "hot spot" neighborhoods: Mission, Bayview Hunters Point, Western Addition, Visitacion Valley, and Tenderloin, which are captured in the *Stay Alive and Free* Summer Resource Guide.

New Geneva Avenue Building Planned

by Russel Morine

A new nine-unit mixed use development located at 2234 Geneva Ave. (at Pasadena Street) is working its way through the San Francisco planning process.

The project developer proposes to build three separate buildings on three adjacent lots. The recently closed Jalisco Produce Market #2 will be demolished to make way for the development.

Each building will be 30 feet tall and have a 1,800 square feet of ground floor commercial space. Three 2-bedroom units will be located on the upper floors.

The units will be approximately 750 square feet each. No onsite parking will be included.

Even though there will be three separate buildings, the Planning Department considers this a single project because the site owner and site developer is the same; therefore,



Building planned for 2234 Geneva Ave.

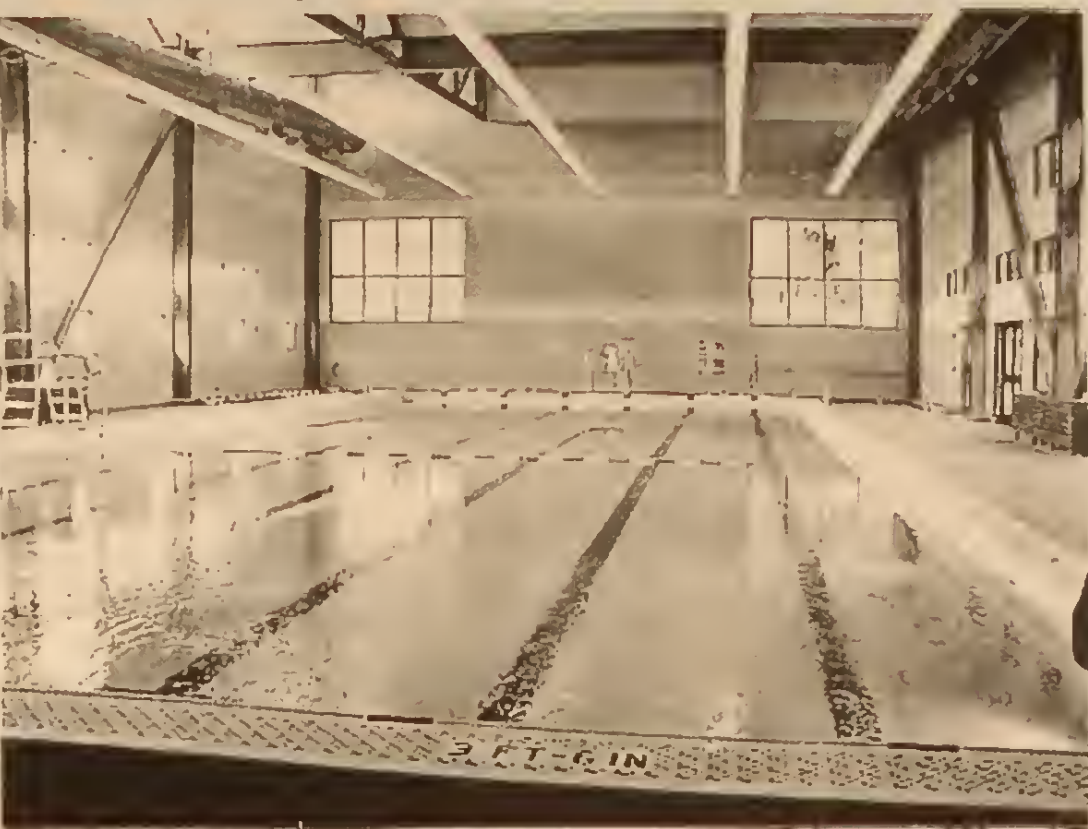
the requirement that developments of five or more units must have a below market rate unit is triggered.

The project developer plans to include one affordable unit onsite. It has not been determined if the units will be rentals or ownership.

The project will be heard before the Planning Commission on Sept. 11, regarding the lack of onsite parking, which is a concern to some nearby residents.

For more information please contact Planner Edgar Oropeza at (415) 558-6381.

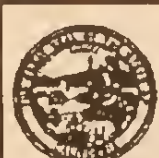
Visitacion Valley Welcomes New Coffman Pool Facility




Photos: Edie Epps

Views of the new Coffman Pool facility interior looking south (top) and north (bottom left). After two years without their swimming pool, dozens of Visitacion Valley youth were eager to climb in when the whistle blew at 11 a.m. on July 11.

Coffman Pool is located at 1701 Visitacion Ave. at Hahn Street. Phone is (415) 337-9085 or go to www.parks.sfgov.org. Al Hardy is Senior Swim Instructor. Schedule through Aug 24: Tuesday Lap Swim 9:30-10:45 a.m., Seniors/Special Needs 11 a.m.-12 noon, Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Wednesday Group Swim/Tiny Tots/Pre School 9:30-10:45 a.m., Water Exercise/Adult Lessons 11-11:50 a.m., Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Lap Swim 4:30-5:30 p.m., Thursday Lap Swim 9:30-10:45 a.m., Seniors/Special Needs 11 a.m.-12 noon, Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Lap Swim 4:30-5:30 p.m., Wednesday Group Swim/Tiny Tots/Pre School 9:30-10:45 a.m., Water Exercise/Adult Lessons 11-11:50 a.m., Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Lap Swim 4:30-5:30 p.m., Thursday Lap Swim 9:30-10:45 a.m., Seniors/Special Needs 11 a.m.-12 noon, Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Lap Swim 4:30-5:30 p.m., Friday Recreation Swim/Group Swim 9:30-10:45 a.m., Water Exercise 11-11:50 a.m., Lap Swim 12 noon-1 p.m., Recreation Swim 2:30-4 p.m., Adult Lessons 4:30-5:20 p.m., Saturday Lap Swim 10-11:30 a.m., Recreation Swim 12:30-2 p.m.



Work Notice – Former Schlage Lock Site
2401 and 2555 Bayshore Boulevard
San Francisco, CA



DEPARTMENT OF TOXIC
SUBSTANCES CONTROL

Pilot studies to begin week of July 21, 2008

The Department of Toxic Substances Control (DTSC) is distributing this notice to inform the community about upcoming work to be performed at the former Schlage Lock site located at 2401 and 2555 Bayshore Boulevard, San Francisco, CA. Previous investigations have determined the presence of volatile organic compounds (VOCs) in soil and groundwater beneath the site as a result of past manufacturing activities.

Pilot studies will be conducted to help determine the most effective method to clean up VOCs in the site soil and groundwater. Work will begin in the middle of July and will be completed by the end of August, Monday through Friday, between the hours of 7:00 am and 6:00 pm. Work activities will include the following:

- Drill six borings to collect soil and groundwater samples for evaluation of existing soil and groundwater conditions. Monitoring wells will be installed to sample groundwater conditions to evaluate two methods of groundwater cleanup.
- Groundwater will be sampled periodically between August and December to determine how effective each system is in lowering VOC levels in groundwater.
- All work will take place within the limits of the site and will be conducted in accordance with a DTSC-approved Work Plan and a site-specific Health and Safety Plan. Workers may wear safety gear while working on-site and operating heavy equipment.

The work may take place in locations on the site that are not visible to the community. There should be no disruption of traffic or other nuisances associated with this work. This notice is being sent to the community for informational purposes. This document and a complete record of the site can be found at:

SF Public Library Visitacion Valley Branch 45 Leland Avenue San Francisco, CA (415) 337-4790	Visitacion Valley Community Ctr. 50 Raymond Avenue San Francisco, CA (415) 487-6400	Brisbane Public Library 250 Visitacion Avenue Brisbane, CA (415) 480-2080
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For additional information about this site go to our website at www.dtsc.ca.gov and click on "Envirostor" at the top left column of the page. Then type in "San Francisco" next to City and click on "Report" next to Schlage Lock on the 2nd page (the list is in alphabetical order).

The full administrative record for the Schlage Lock site is available at the DTSC file room, 700 Heinz Avenue in Berkeley. Please call (510) 540-3800 to make an appointment to use the file room.

If you have any questions about this work, please contact DTSC's Project Manager, Virginia Lasky, (510) 540-3829 or by e-mail at vlasky@dtsc.ca.gov. You may also call or e-mail DTSC's Public Participation Specialist, Wayne Hagen at (510) 540-3911 or whagen@dtsc.ca.gov. For more information about DTSC and this project please visit our website at www.dtsc.ca.gov.

Si prefiere hablar con alguien en español acerca de esta información, favor de llamar a Jacinto Soto, Departamento de Control de Sustancias Tóxicas. El número de teléfono es (510) 540-3842.

如閣下對此清理計劃有疑問，請致電DTSC 職員 Henry Wong 黃先生，(510) 540-3770.

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McLaren Park News and Notes

by Betty Parshall

Coffman Pool Reopens

The neighborhood celebration with good press coverage about the opening of Coffman Pool was a joy for our community. However, the Friends of McLaren Park as well as other individuals see a need for a couple of important improvements. First, the windows need some sort of protective barrier to prevent a repeat of a problem at the old pool. When windows were broken by a few bad eggs, they were covered with plywood instead of being replaced, which eventually made the building appear ugly and closed. Second, the pool is only open for 36 hours a week. Compare this with other pools in the city, which enjoy significantly more hours per week. (I checked the Rec & Park website for three pools: Balboa, 75 hours; Garfield, 87 hours; Bayview 41 hours. These are summer season schedules, subject to change. If you plan to swim, phone for current schedules and hours.) What can we do about these two issues? See below.

Friends of Jerry Garcia Amphitheater

Linda Harte proposed forming a Friends of Jerry Garcia Amphitheater group as a sub-committee of the FMOP. However, Tom Murphy, who organizes the annual Jerry Day, has claimed ownership of the title. Linda and others will continue to organize, perhaps as the Amphitheater Entertainment Committee. The objective will be to encourage a good variety of entertainment events, better publicity and other improvements in the use of the amphitheater. If you wish to be part of this effort, you can contact Linda at lharte@earthlink.net

Toilet Tossed Again

The porta-potty at the group picnic area on Shelley Drive was knocked down recently. While the company servicing it quickly installed a replacement, the wrecked structure was still on the street more than a week later. Rec & Park says a permanent rest room is in the Capital Improvement work schedule, the question is when will the work ever be started? The McLaren group picnic area is one of the largest, if not the largest, in the city. It can accommodate up to 200 people. Shouldn't such a site provide both a permanent rest room and potable water? There are sinks available, but the valves for the sink water have yet to be opened. What can we do about these two issues? See below.

Trees: A City-Wide Menace

The tragic death of a dog-walker at Stern Grove, killed by a falling tree, triggered the attention of the Board of Supervisors' Government Operations & Neighborhood Services Committee. There is agreement that the danger of aging trees is a citywide problem. However, there are only four tree toppers to work the entire city. The majority of non-native trees in McLaren Park were planted 60 to 70 years ago, many now reaching their life expectancy age. Additionally, the eucalyptus trees have increased and present countless overweight branches stretching across the trails. What can we do to bring attention and action to this situation? See below.

This Is Below! (See Above)

www.parkscan.org is an Internet system that lets you report conditions in your park that need fixing. You can describe what you see that needs attention in words, and/or you can add pictures if you have a digital camera. You can also go to this web site to see what has been reported and what, if any, action is planned to address the condition. After you fill in the information about a park concern, you'll be asked for identification. If you want to be anonymous, just type in johnmclarenpark@aol.com. This is the Friends of McLaren address, and the group is interested in what problems are being reported.

Garbage Site Proposal

By the time this goes to press, we may know whether the proposal for placing a garbage/recycling center in McLaren Park is approved or killed. A hearing scheduled for July 21 may settle the question. We'll provide an update in the September issue of the Grapevine.

Hidden Germs Can Threaten Health

Results of a new global study and survey reveal that American families could be doing more to help protect themselves and their children from dangerous germs at home.

The findings released by the Hygiene Council, as part of an effort to educate the public on the importance of hygiene, indicate that Americans' current kitchen cleaning habits are not effectively helping to safeguard their families from illness-causing germs and bacteria.

Here's a look at where the Hygiene Council found germs stacking up in the kitchen:

*According to the study, nearly half of all kitchen sinks harbor high levels of potentially dangerous bacteria. Forty-six percent of kitchen sinks—which families use for everything from bathing babies to washing raw meat—harbor unsatisfactory or heavily contaminated levels of bacteria, including E. coli.

*Despite 90 percent of U.S. respondents claiming to clean their kitchen surfaces at least two to three times per week, 25 percent of kitchen sinks analyzed still failed the hygiene test for having high levels of bacteria.

*The study also found a shocking 75 percent of kitchen cloths and sponges failed the hygiene test, including 25 percent of those that appeared new or visibly clean.

To help protect your family, the Hygiene Council recommends following these simple hygiene routines:

*Surface disinfection—Commonly touched surfaces should be regularly disinfected with products such as Lysol® Disinfectant Spray. Kitchen surfaces should also be cleaned and disinfected before and after preparing foods and after surfaces have been in contact with raw foods.

To reduce cross-contamination, avoid using sponges to clean surfaces as they can spread dangerous bacteria from one surface to the next.

*Hand washing—Wash your hands frequently after performing activities such as going to the bathroom, before and after preparing food, after touching animals and pets and especially if someone in your household is ill. Use soap and water and dry hands thoroughly.

*Proper food handling—To avoid food-borne illness, cook and store food at the proper temperature. Separate raw meats from fresh produce and packaged goods in your grocery bag and refrigerator. Regularly disinfect surfaces to prevent cross-contamination.

For more tips on how to help protect your family from germs at home, visit www.hygienecouncil.com or www.cdc.gov/ounceofprevention.

Castle Highpoint

New Condo Development Takes Shape on Geneva Avenue

by Russel Morine

Visitation Valley has a new addition to the housing choice family with the opening of yet another moderate scale condo development. Highpoint Luxury Homes, located at 1888 Geneva, bills itself as "Where Inspiration Meets Opportunity."

Whereas this tagline is somewhat hard to quantify, the finished product is a refreshing surprise. The Highpoint development works because it utilizes a steeply inclined and oddly shaped site along a busy corridor in a marginalized neighborhood to its full advantage.

The first thing that one will notice about Highpoint is its massive scale amongst single-family homes and low-rise buildings. Highpoint sticks out, not so much the proverbial sore thumb, but maybe more like a finger pointing to sky.

Depending on your architectural preference, you can decide which finger. It's different, but given the predominance of bland cookie-cutter designs these days at least with Highpoint there's something of substance to talk about.

Highpoint is best viewed from a distance. At street level the building is a fortress like (maybe it should be called Castle Highpoint?) with limited direct entry points. There's no evidence of internal activity for the passerby to gaze upon. On a busier pedestrian street this would have been inexcusable. Fortunately for this block of Geneva Boulevard, which is unusually long and uninterrupted, there is little reason to stroll from any given point A to B.

The façade's one saving grace is an inclined elevator that is accessed

Funding Will House Homeless Veterans

Mayor Gavin Newsom on July 22 announced new federal funding to assist homeless veterans in San Francisco find housing. The funding will be targeted toward providing homeless veterans with support services and the opportunity to obtain permanent housing.

"This funding will serve a vital need by making sure veterans have an affordable place to live, with the support services they need to live independently," said Mayor Newsom.

The award of 105 vouchers representing \$1.5 million to the San Francisco Housing Authority (SFHA) is part of \$75 million announced nationally for 10,000 new vouchers for the Housing and Urban Development-Veterans Affairs Supportive Housing (HUD-VASH) Program as the result of Congressional support in the FY2008 budget.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Aug. 2: Make a clay insect from air-drying clay and wire. Paint your creation with shiny acrylic paint.

*Aug. 9: Experience the magic of shaving cream and liquid watercolor as you make marbled paper greeting cards.

*Aug. 16: Make a wearable paper feathered cap using recycled paper bags.

*Aug. 23: Sculpt your own clay bird with feather wings and beaded eyes.

*Aug. 30: Make a puppet with a mouth and hands that move.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.



Now under construction, Highpoint Luxury Homes is located at 1888 Geneva Ave.

from a street level glass enclosed lobby. A cool feature that may be seldom used because the primary entrance for future residents will likely be through the development's parking garage.

The first floor contains a large multi-purpose room that will include a gym and resident only lounge / recreation area with a shared kitchen. Large windows face Geneva Avenue. In time, internal activity here may enliven the external façade.

Highpoint's greatest attributes are revealed on the residential levels. Each floor is designed around interconnected open-air patios, corridors, and stairways leading to the individual units. This creates an abundance of light filled common areas and excellent views of the surrounding neighborhood. A large fourth floor patio illustrates the benefits of building on the steep hillside. From this patio Geneva Avenue almost looks like a grand boulevard in the European tradition, if only one can overlook McDonald's, KFC/Taco Bell and the Cow Palace.

The open aired common area creates pockets of shared community space right outside one's front door. In time, and with good neighbors, this design feature could lead to a genuine feeling of community within the building. Conversely, this open circulation design also results in units with windows that face these common areas. The result is an abundance of light but potentially a lack of privacy and noise issues.

This tendency toward openness follows through to the design of the individual front doors. Instead of the typical solid door or a door with small panes of glass, the developers selected a large glass paned door that would be more appropriate for a commercial building. This atypi-

cal feature isn't very practical from a security and privacy point of view. No doubt these doors will be quickly swapped out as residents move in.

The interiors of the units are surprisingly light filled and spacious. This is most noticeable in the width of the hallways. Instead of being designed to meet a minimum standard these interior corridors are wider than code requires. This not only helps the units feel larger, the extra width allow greater light penetration.

The bedrooms are agreeable to modern requirements, big but not enormous with generous closets. All units have two or more full bathrooms as well as laundry alcoves. The kitchens are equally well appointed with gourmet appliances, maple cabinets and granite counter tops. Unlike some new development where the first thing a buyer envisions is to rip out the cabinets purchased from the local big box and eject the bargain store appliances, Highpoint is ready to move in.

There are no studios or one-bedroom units in the 48-unit development, which is a disappointment. It's unlikely that singles or downsizing seniors could live here. The two or three bedroom units ranging from 1,220 to 2,500 square feet. All units have private decks and at least one car deeded parking.

Highpoint will likely be judged on its outward appearance because it is now the prominent building along the Geneva corridor. Yes, it is awkward on the outside but surprisingly gratifying on the inside. Units range between \$650,000 for a two bedroom/two bath unit to \$885,000 for a three bedroom, two-and-a-half bath unit. For more information call (415) 418-0268 or visit www.highpointsf.com

Joe Leland

around the neighborhood

*Celebrate Schlage Lock: In recognition of 10 years of tireless effort the Visitation Valley community and S.F. city staff have given to the cleanup and redevelopment plans for the Schlage Lock site, please join Supervisor Sophie Maxwell, Visitation Valley Citizens Advisory Committee and Universal Paragon Corporation for a Schlage Campus tour, a peek inside the Historic Old Office Building, and information updates about remediation and redevelopment plans for the Schlage site on Saturday, August 9 from 12 noon to 3 p.m. at the Palm Tree Plaza fronting Schlage Historic Office Building at Blanken Avenue and Bayshore Boulevard. Events include welcome remarks from Supervisor Maxwell and Property Owners from 12:30 to 1 p.m., a Remediation and Development Process Information session from 1 to 3 p.m., and Schlage Campus bus tours from 1 to 3 p.m. Refreshments will be provided. For more information, contact Steven Huang, project manager of Universal Paragon Corporation at (415) 468-6676 x117.

*Local Artists Wanted: The San Francisco Public Library (SFPL) is looking for a few great artists to represent Visitation Valley. The SFPL is funding up to \$75,000 for installation of public art in the new Visitation Valley Branch Library. Interested artists should submit their portfolios for consideration ASAP. All artistic mediums are encouraged to apply. Deadline is August 18, 2008. Visit <http://www.sfartscommission.org/pubart/> for more information. For questions, please contact either Ellen Shershow, at 415.252.2594 or ellen.shershow@sfgov.org, or Mary Chou, at (415) 252-3215 or mary.chou@sfgov.org. Applications available at www.callforentry.org

*Yahoo Group for Vis Valley: Curious about what's going on in the neighborhood? Have a question that only a neighbor can answer? Need a recommendation for a good house painter? Join the Valley_Eye. All your questions will be answered ... most of the time. Send your email to rmarine@aol.com to join or go to http://groups.yahoo.com/group/Valley_Eye/

EarthTalk

Green TV

Dear EarthTalk: I need to replace my old TV. Can you tell me which of the latest models is the greenest? I was told that the flat-screen/plasmas are real energy hogs. What do you recommend? -Angela Montague, via e-mail

According to The Wall Street Journal's Rebecca Smith, a 42-inch plasma TV set can draw more power than a large refrigerator, even if the TV is only used a few hours a day. This is partly because many newer models don't turn off but go into "standby" mode so they can start up fast later with no warm-up period. "Powering a fancy TV and full-on entertainment system—with set-top boxes, game consoles, speakers, DVDs and digital video recorders—can add nearly \$200 to a family's annual energy bill," she adds.

Smith recommends green consumers consider the Liquid Crystal Display (LCD) models, which typically uses less energy than comparable plasma sets. According to the U.S. Environmental Protection Agency (EPA), a 28-inch conventional cathode-ray tube (CRT) set uses about 100 watts of electricity. A 42-inch LCD set might consume twice that amount, while plasma could use five times as much, depending on the model and the programming. For the largest screen sizes (60 inches and up), projection TVs are the most energy efficient, clocking in at 150-200 watts—significantly less than the energy a plasma set would use.

"What scares us is that prices for plasma sets are dropping so fast that people are saying, why get a 42-inch plasma set when you can get a 60-inch or 64-inch one," says Tom Reddoch of the non-profit Electric Power Research Institute. "They have no idea how much electricity these things consume."

For its part, the industry is taking some steps to make its products more efficient, and to improve disclosure of energy usage. In June 2008 Sony pronounced its new 32-inch Bravia KDL-32JE1 LCD model "the world's most energy efficient television." Slated for sale in Japan in August 2008 for around \$1,400, the new set utilizes fluorescent tubes to create higher levels of brightness with less energy consumption, but still delivers large resolution, a high contrast ratio and a wide viewing angle.

Beginning in November 2008, forward-thinking manufacturers will get a little boost from the U.S. government, which will start awarding the most energy efficient new TV sets "Energy Star" labels to help consumers identify greener choices. TVs bearing the Energy Star label must operate at least 30 percent more efficiently than standard models in both stand-by and active modes. Consumers can see which models qualify by visiting the televisions section of the EnergyStar.gov home electronics page. According to the EPA, if all TVs sold in the U.S. met Energy Star requirements, yearly energy savings would top \$1 billion and greenhouse gas emissions would drop by the equivalent of taking a million cars off the road.

Of course, the greenest option of all (aside from getting out from in front of that tube and spending more time outdoors) is to keep or repair your existing CRT unit (a digital-to-analog converter will be needed after February 2009 when new signal specifications go into effect). Most CRT sets use less energy than any of the LCD or plasma models, and if it ain't broke, why fix it? Buying a new TV, even a greener one, only generates more pollution in production and transport, and creates waste in junking the old model.

Dear EarthTalk: What green-friendly lawn and garden pesticides are available today? I'm particularly interested in options that won't harm my cats. -Nancy Blanchard, via e-mail

agricultural yields over the last half century, so it is no wonder, given the commercial availability of many of these synthetic chemicals, that American homeowners apply 100 million pounds of the stuff each year to make their own gardens grow bigger and faster, too.

But the downside of using such chemicals is that they can poison people and pets as well as backyard wildlife: "Common insecticide ingredients such as 2,4-dichlorophenoxyacetic acid (2,4-D), atrazine and dicamba have been shown to harm mouse embryos at times equivalent to the first week after conception in humans," says Erica Glasener of The Green Guide. Due to such revelations, home gardeners are fast discovering the benefits of avoiding chemicals in favor of natural, less toxic alternatives.

But before thinking about applying pesticides, gardeners can design (or re-design) their gardens to make the most of native plants that have evolved over eons to thrive in local conditions without synthetic aid or lots of water. Choosing native plants appropriate to your elevation, soil type, drainage and sun exposure will naturally repel many common pests and also reduce the propagation of invasive exotic species.

Similarly, embedding your plants in healthy soil replete with beneficial insects and worms can also help reduce the need for pesticides. Laura Moran of Mainstreet.com suggests that home gardeners compost their vegetable food waste—which

is chock full of nutrients that plants love — and mix it into existing soil to give the garden a healthy boost. “Aside from stimulating healthy root development,” she writes, “the addition of rich compost also improves soil texture, aeration and water retention.” It also provides a nice home, she says, for the beneficial bugs that are destroyed along with the bad ones by chemical pesticides.

If pesticides are necessary, there are a handful of organic varieties available. *Bacillus thuringiensis* ("Bt") is a naturally occurring bacterium that is lethal to most leaf-eating caterpillars on trees, shrubs,

Modest Gasoline Price Hike During July in California

Considering many California cities had to endure 50-cent increases at the gas pump during the month of June, a 9-cent increase in July seemed almost moderate. But before the celebrations begin, consider AAA's report that California motorists are paying \$1.43 more than at this time a year ago.

The state average in California broke the \$4.50 mark with an average of \$4.56, according to a July 8 report from AAA of Northern California.

The national average set a new record at \$4.11 a gallon for unleaded up 7 cents from June. There are now only 12 states with an average for unleaded gas under the \$4 mark.

"The low value of the U.S. dollar compared with international currencies and the growing demand for gasoline and oil in Asia con-

flowers and vegetables. According to gardening writer Jeff Ball, it is harmless to all other insects, animals and humans. It comes in a powder form for use as a dust, or, when diluted with water, as a spray. Organic chemists have formulated varieties of BT to kill mosquitoes or potato beetles as well.

To control slugs in an environmentally friendly manner, The Green Guide's Glasener suggests recycling the black cell packs that vegetables and annuals are sold in, and placing them (empty) upside down near the base of plants. "Each morning, check the containers for pests, and if you find any

continue to be the cost drivers behind rising gas prices," said Michael Geeser, AAA of Northern California spokesperson. "There will be dips in prices on any given day, but for the most part any real relief won't be felt until the dollar stabilizes and the price of crude oil starts to drop."

Crude oil has now broken the \$140 per barrel level. The longer crude oil prices stay elevated, the longer gas prices will remain high through the summer. Traditionally, gas prices start leveling off and even falling after the July 4th holiday. But with crude oil prices remaining high, it would appear the gas price rise of 2008 may have more time to go.

At an average of \$4.56 a gallon, California had the highest average

simply throw the container away with the pests inside," she says. Another easy slug control method is to use hollowed out grapefruit rinds in a similar manner around the base of plants, disposing of them if they turn up any slugs.

Pet owners may already be familiar with insecticidal soaps used to control fleas. Some of these soaps can also be used in the garden to repel insects. For more information, consult a local nursery specializing in organic methods and native plants. Find one near you via the free online Native Plants Nursery Directory.

among the lower 48 states. Alaska had the highest average price for the entire country at \$4.63.

The most expensive gas in Northern California was found in Eureka, where the average price was \$4.80 a gallon. The least expensive average price was found in Marysville, Sacramento and Tracy, where unleaded was \$4.45. Marysville and Sacramento were among three Northern California cities that actually saw their average prices for July decrease. Stockton was the third.

The least expensive gasoline in the country was found in Greenville, South Carolina, where the average price of gas was \$3.79.

The highest average price in the nation is in Blythe, California where a gallon cost \$4.83.

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Law Will Help Against Foreclosures



Governor Arnold Schwarzenegger on July 7 signed legislation which requires lenders to contact homeowners and explore restructuring options before initiating the foreclosure process. It will also provide tenants with double the amount of time now afforded to them to move from a foreclosed property and prevent California's neighborhoods from becoming rundown by requiring owners to maintain foreclosed properties. From left to right are Consumers Union Senior Attorney Norma Paza Garcia, Senate President pro Tem Don Perata (D-Oakland), Assemblymember Guy Houston (R-San Ramon), Governor Arnold Schwarzenegger, Oakland Mayor Ron Dellums, Assemblymember Sandre Swanson (D-Oakland), Dorothy Hicks, Oakland City Councilmember Jean Quan and State and Consumer Services Agency Secretary Rosario Marin.

Unraveling the Myths of Carpets and Allergies

While some say that carpeting can make allergies and health problems worse, many believe there's more to the problem. A recent survey conducted by the Institute of Inspection, Cleaning and Restoration Certification (IICRC) found that 75 percent of U.S. homeowners believe carpet to be the least effective type of flooring when it comes to reducing the conditions that aggravate allergies. However, according to IICRC

Technical Advisor Jeff Bishop, scientific studies demonstrate that just the opposite is true. He says that experts, including the EPA, have found that carpet actually traps airborne allergens that can easily be vacuumed out. This underscores the importance of regular and proper maintenance.

The IICRC recommends homeowners increase their vacuuming frequency and hire professional certified cleaners for deep cleaning. **NAPS**

Turning Yesterday's Old Newspaper Into Something New

Paper recycling is turning a page in the newspaper business. Each year in the U.S., more than 80 million tons of paper are produced, and because to make paper, cellulose fibers from either wood or wastepaper are needed, paper recycling is the key if we want to use less wood and protect our forests.

High-Quality Paper

Further good news is that with modern techniques, even high-quality papers and tissues can be made from 100-percent recycled paper. But

this requires enormous amounts of recycled paper, as the raw material and—in most cases—this wastepaper has been printed on. The question is, therefore: How can yesterday's old newspaper be turned into fresh new paper for printers, tissues or tomorrow's newspapers? The solution is to remove all the old printing inks from the wastepaper, letter by letter, using a process that paper manufacturers call "deinking."

During the deinking process, wastepaper is shredded and then placed in a watery chemical solution that removes the colored ink particles from the cellulose fibers. This deinking solution is primarily composed of caustic soda, sodium silicate, peroxide and soap. To be effective, however, the deinking chemicals require long processing times to bond with the ink particles and eventually separate them from the cellulose fibers. Thankfully, once the fibers have been cleaned, the majority of these chemicals are simply broken down during the

Book Reviews

Free Money, Free Stuff

You can get something for nothing. In fact, lots of useful, valuable and coveted things—if you know where to look and who to ask.

Free Money Free Stuff (Reader's Digest, \$15.95) is filled with a practical collection of more than 1,000 legitimate free giveaways and super bargains—money-saving offers available for the assertive shopper and savvy computer user.

A team of experts researched the world of free offers and confirmed deals that can save you substantial amounts of cash. The result is a handy book filled with a wealth of information like education, health care, travel, and small business, arranged in practical sections and chapters.

Find out how to get pharmaceutical companies to foot up to 100 percent of your bill, stock up on free beauty items from shampoo to makeup, learn a language, take an art class and earn a degree at low cost or no cost.

Throughout, there are tip boxes—Editor's Choice—that are filled with the best suggestions from the editors to save you money, including free help for quitting smoking, discount online theater tickets, auto rebates, no-cost-targeted classifieds and senior half-price mass-transit deals.

The book's appendix features a listing of major government agencies and nongovernmental foundations, associations and other sources that provide assistance, money-saving information or free stuff. **NAPS**

Precarious Financial Lives Of American Families

For a generation, our nation's leaders told us that they'd freed the American economy from the dead hand of Washington and re-kindled the entrepreneurial spirit. Before us lay a dazzling landscape of free-market fortunes. And with assets and investments, family units could play right along with the big boys of Wall Street-looking out for themselves, investing and diversifying their ways to wealth and security. But, for nearly a year now we've had to hold our breath as one disaster after another has swept over us: the mortgage mess, the financial freeze-up and, now, recession. The fear has been so palpable, the problems seemingly so unsolvable that no one has stepped back to spot the broader lessons in our current crisis. Until now.

In *High Wire: The Precarious Financial Lives of American Families* (Basic Books, \$26) Los Angeles Times national economics correspondent Peter Gosselin takes readers across the terrain of their material lives to show how changes in work, benefits, home-ownership, college and retirement, even bought-and-paid-for insurance have shifted economic risks once borne on the broad shoulders of business and government to the backs of working families. With new data and real-life examples, he explains why Americans' mounting anxiety about the economy is warranted for more reasons than high gas prices, and how everyone from the working poor to the reasonably rich are operating on a high wire, only one misstep away from financial disaster.

Gosselin shows that the full dimensions of this shift have gone largely unnoticed because economists and journalists have mostly looked at pieces of the puzzle such as the employer-employee relationship, government programs such as welfare, or pensions, and 401(k)s. While Gosselin looks at the big picture and supports his argument with new statistics developed for this book, he also puts a human face to the new reality with stories of people like Debbie Potter and Economics Nobel Prize-winner Harry Markowitz.

For years, Potter was one of the nation's top insurance agents, making nearly \$300,000 annually selling group health and disability policies. She so believed in her products, she made sure that not only were her clients covered, but so was she. But when she was diagnosed with MS, the very company whose policies she had only just been selling refused to pay her claims. Her family's income went from \$300,000 down to the \$30,000 salary of her preacher-husband.

Harry Markowitz is the father of what's known as modern portfolio theory, the notion that you

shouldn't put all of your financial eggs in one basket, but should diversify. When it comes to making investment decisions, especially about retirement, many people find the task so complicated they fail to follow Markowitz' advice. But it turns out, they're not alone. When Gosselin asked the Nobel laureate about his own diversification decision, Markowitz had to confess he had made only the most rudimentary split of his savings. "In retrospect," he told the author, "I should have done something more sophisticated."

High Wire reveals the distressing reality that the old struts underpinning the American Dream—a good education, savings, sensible insurance, strong work ethic, company loyalty, prudent living—are no longer the guarantors of financial security they once were. Families are not, after all, the mini-financial firms that the leaders of the last generation told us they were; households are not hedge funds. Our reliance on free market principles to solve virtually every financial and social problem has led the nation down a political and ethical dead-end. Now is the time for a new direction.

Peter Gosselin's *High Wire* is a provocative, controversial re-examination of every cherished economic assumption of the last three decades, and a vital contribution to our understanding of what must be done to secure a brighter financial future for America's families.

Cooking Corner

Chicken Milanese

Sauce and Pasta: ½ cup butter, unsalted; 4 garlic cloves, minced (or 1 Tbsp.); 1 cup white wine; ¼ cup all-purpose flour; 1 cup chicken broth, 1 cup heavy cream; 1 cup Parmesan cheese, grated; ¼ tsp. black pepper, to taste; ½ tsp. salt; 8 cherry tomatoes, halved; ¼ cup spinach, chopped; 8 roasted garlic cloves, minced (or 4 Tbsp.); 1 20-oz. package tortelloni (or tortellini), cooked according to package directions.

Chicken: 4 boneless, skinless chicken breasts; ½ cup flour; 3 large eggs; ¼ cup milk; 1 cup panko bread crumbs; ½ cup Parmesan cheese, grated; 3 tsp. fresh parsley, chopped; 1-1/2 tsp. Italian seasoning; 1 Tbsp. garlic, chopped; ¼ tsp. black pepper; 4 Tbsp. extra-virgin olive oil; 4 lemon wedges.

1. Flatten chicken breasts between two sheets of plastic wrap by pounding gently until chicken is approximately ½" thick.

2. Whisk eggs and milk together in a flat-bottom bowl.

3. Mix bread crumbs, cheese, fresh parsley, Italian seasoning, garlic and pepper. Transfer to a flat plate.

4. Dredge chicken in flour, coating both sides. Dip chicken pieces in egg mixture, coating both sides. Dredge in bread crumb mixture, coating completely on both sides.

5. Set chicken aside while preparing pasta and sauce.

6. Melt butter in saucepan over medium heat.

7. Add minced garlic and sauté for one minute. Add flour and stir until well blended.

8. Add white wine, chicken broth, heavy cream and cheese. Bring to a boil. Reduce heat and simmer until mixture starts to thicken.

9. Add roasted garlic, pepper and salt. Stir until well blended.

10. Add tomatoes and spinach to sauce and allow to simmer over low heat for about 5 minutes, stirring frequently.

11. Heat olive oil in frying pan over medium-high heat. Add breaded chicken to pan and cook until both sides are golden brown and internal temperature reaches 165°F.

12. Add cooked, drained tortelloni pasta to sauce and blend well.

13. Transfer chicken to a large platter and serve with hot, creamy tortelloni.

14. Garnish with fresh parsley and lemon wedges.

Prep time: 30 min.; Cook time: 25 min.; Serves 4. **NAPS**

Crossword Puzzle Solution

F	T	C		G	A	S		C	E	O
E	L	A	H		R	I	M		A	X
P	A	L	I	S	A	D	E		R	E
A	G	A		A	N	E	A	R		M
			L	A	G		R	A	S	P
B	E	N	A	R	E	S		B	A	L
A	L	A	R		R	O	C		T	A
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E	D	H		S	I	B	Y	L		D
L	O	A	M		T	Y	P	E	F	A
I	N	R	E		A	R	S		A	C
	A	I	L		N	E	O		D	E

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*On June 18 at 12:36 a.m. on the 2600 block of San Bruno Avenue, a Fresno man was arrested for possessing a stolen auto. The car was spotted by officers who recalled the car being broadcast as being stolen. The driver and its occupants were taken into custody without incident.

"On June 19 at 12:30 a.m. on Peabody Street at Sunnysdale Avenue, officers stopped a man for drinking alcohol in public. The man was wanted in Alameda County on a misdemeanor warrant. The 31-year-old Visitacion Valley man was also holding methamphetamine. He was booked at Mission Station. At 1:41 p.m. on the 500 Block of Brussels Street, a juvenile was walking on the 500 block of Brussels when he was surrounded by three other youths. They knocked him to the ground struck and kicked him and started to rummage through his pockets. An area resident saw this and ran towards the group yelling at the attackers to stop. They fled on foot. Another resident administered first aid to the victim. Thanks to the alert resident, nothing was taken from the victim. At 2:55 p.m., a senior citizen was walking in the area of Cambridge and Felton streets when a blue sedan approached her. The passenger got out of the car and grabbed the woman's handbag from her shoulder. The woman hung onto the purse and fell to the ground and was dragged until she let go of the purse. The car fled the area. Another person saw this and drove the victim to her home. The woman was treated for scrapes to her elbows.

On June 20 at 9:45 p.m. on Blythdale Avenue at Santos Street, a 45 year-old Sunnysdale District man reported that an acquaintance attacked him with a pipe and robbed him of \$500. At 9:56 p.m. on the first block of Brookdale Avenue, a 36 year-old SOMA District man reported that he had been shot in the shoulder while standing with others. His assailant fired upon him from a late model silver BMW. At 10:15 p.m. on the 3600 block of San Bruno Avenue, a resident reported finding a bullet hole in a bedroom wall. An officer recovered a spent round in the home.

"On June 21 at 1 a.m., officers arrived on the 100 block of Teddy Avenue on the call of a auto burglary in progress. Three men were seen breaking into a parked car. The officers found the three, who fled. The suspects were lost in the neighbor-

VCC BOARD MEETINGS: Visitation Valley Community Center (VCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

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hood. The officers found a loaded handgun in the wheelwell of another parked car where one of the suspects was seen just before he ran away.

"On June 22 at 2:30 a.m. on the 200 block of Schwerin Street, officers investigated a domestic violence call and named a 45 year-old Hunters Point man as the suspect. He was not present during their investigation. The case was assigned to the Domestic Violence Response Unit. At 7:39 p.m., officers responded to Mansell and Somerset streets regarding a robbery. Officers met with the victim who had been robbed by three unknown suspects. The first suspect threatened the victim with a box cutter knife while robbing him of his debit card, credit card, cell phone and jacket. The second suspect got on a bus and left the area. Officers searched the buses in the area to no avail. The victim was not injured during the incident. At 10:30 p.m. on the 1500 block of Sunnyside Avenue, a police sergeant of the Gang Task Force learned of shots being fired in the neighborhood and broadcast the description of a car involved. Officers found the car at on Bayshore Boulevard and followed it into the Bayview District. The car was stopped and two handguns were recovered. The driver, an 18 year-old Sunnyside District man, and his passenger, a 17 year-old Bayview District male, were arrested. The passenger admitted to firing the shots. At 11:15 p.m. on the 100 block of Princeton Street, officers responding to a robbery met with and spoke to the victim who stated the he was walking up Princeton when three suspects approached him. One of the suspects pushed the victim from behind, while one of the other suspects punched him in the face several times. The third suspect reached into the victim's pants and took his cell phone. The suspects then left the area in a car. Officers searched the area, to no avail. The victim refused medical treatment.

*On June 23 at 3 p.m. as he stood on the 1500 block of Sunnydale Avenue, an officer heard shots being fired and saw a teenager standing on the 1300 block of Sunnydale Avenue firing a handgun at a man on the 1400 block of Sunnydale. The man was not hurt. A police sergeant and posse investigated and arrested one teenager, a 16 year-old San Francisco male, on a Juvenile Court warrant and returned another teen, a 17 year-old San Francisco male, to a Mission District group home where he had been reported missing. The shooter was not found.

*On June 24 at 12:43 p.m. officers responded to the 1400 block of Wayland Street regarding a purse snatch. Officers met with the victim who told them that she was looking into the trunk of her vehicle

when an unknown suspect came up behind her and took her purse from her. The suspect then jumped into a car and sped off. Officers searched the area for the vehicle and the suspects, to no avail. At 2:15 p.m. in McLaren Park, a Mission District resident's dog was attacked by an off-leash pit bull. The suspected owner fled with the dog. At 1 p.m., officers responded to the 300 block of Holyoke Street regarding a purse snatch. Officers spoke with a victim who told them that she was walking up to her door of her house, when an unknown suspect approached her from behind and took her purse. The suspect then ran down the stairs and left the area. At 10:13 p.m. an officer responded to the 3000 block of San Bruno Avenue regarding a purse snatch. The officer met with the victim who told him that she was walking down the street when two unknown suspects ran up to her and grabbed her purse. The suspects pushed the victim to the ground during the struggle for the purse. The victim stated she was not injured. The suspects jumped into a double parked vehicle and fled the area. Officers searched for the vehicle and the suspects, to no avail.

On June 25 at 12:30 a.m. on the first block of Teddy Avenue, a 31 year-old Visitation Valley woman argued with her boyfriend, a 40 year-old man, about the hours she kept and money. She avoided the man by sleeping in another bedroom in their home. She awoke to the sound of a fire alarm and found clothing burning as it hung from a light fixture in the kitchen. SFFD personnel extinguished the fire and a SFFD investigator told an officer that the fire's cause was arson. The officer named the man as a suspect and tracked him to Pier 45 where he arrested the man for attempted murder and arson. At 6:15 p.m. on the 500 block of Velasco Avenue, an officer took a 34 year-old Sunnydale District man into custody on a felony battery charge in a Domestic Violence incident. At 11:45 p.m. on the 2200 block of Bayshore Boulevard, an officer questioned a man in the parking lot of a convenience store. The 36 year-old Western Addition resident was wanted on three local misdemeanor warrants. He was booked in the County Jail.

On June 26 at 12:30 p.m. on the 200 block of Silliman Street, suspects broke into an apartment via a bathroom window. Loss was a computer, money, dish towels and pillow cases. No one was injured or at home at the time of the incident. At 2:40 p.m. on the 100 block of Tucker Avenue, officers investigated a noise complaint and arrested a 27 year-old Daly City man for possession of methamphetamine. At 6:55 p.m. on the 1800 block of Sunnysdale Avenue, a 43 year-old Sunnydale District man was named as a suspect in a

domestic violence case.

*On June 28 at 8:50 a.m. on the 2000 block of Sunnysdale Avenue, an officer questioned a 16 year-old Sunnysdale District male who was emptying a dumpster onto a sidewalk. The teen was wanted on a San Francisco Juvenile Court warrant for narcotics possession. He was also in possession of pills, marijuana and a knife. The teenager was taken into custody by a juvenile probation officer on Woodside Avenue. At 12 noon on the 1800 block of Sunnysdale Avenue, an officer investigated a fight and took a 43 year-old Bayview District man into custody for misdemeanor battery and a local misdemeanor warrant in a domestic violence incident.

*On June 30 at 11:45 p.m. in McLaren Park, officers questioned a motorist parked inside a lot. The 42 year-old Visitation Valley man was wanted in Solano County on a felony warrant. He was booked at Mission Station.

*On July 1 at 10 a.m. at Blythdale Avenue and Santos Street, an officer and posse responded on the call of a man with a gun seen riding a bicycle through the Sunnysdale Housing Development. The man, a 24-year-old San Pablo resident, was soon found and a pursuit ensued. Officers arrested him on Sunnysdale Avenue. No gun was found but the man had crack cocaine and over \$3,000 in his pockets. At 6:10 p.m. on the 100 block of Raymond Avenue, a 55 year-old Visitacion Valley man was hit with a paintball fired by a suspect riding by in a white Honda Accord. The suspect also fired paint balls at the man's house.

*On July 2 at 7:55 p.m. on the 100 block of Britton Street, an officer saw a man wanted in San Mateo County on a probation violation warrant. He arrested the 19 year-old Sunnydale District man and booked him at Mission Station.

*On July 3 at 4 a.m. on the 200 block of Blythdale Avenue, a man and a woman argued over the hours she kept and the care she showed for their infant. They picked up the child from a babysitter's house and he brought the little girl to his mother's house. The woman, a 23-year-old Sunnydale District resident, broke the windows of the mother's home. An officer found the woman and cited her for vandalism. At 11 a.m. on Castillo Street, an officer investigated an argument and arrested a 37 year-old Haight Ashbury District woman for felony battery in a domestic violence incident.

*On July 4 at 1:02 a.m., officers responded to the 200 block of Brussels Street regarding a person who was robbed at gunpoint. Officers spoke with the victim who told officers that she was walking on Burrows Street when she saw a car

slowly traveling behind her. The vehicle stopped next to her and an unknown suspect jumped out of the passenger side of the car. The driver remained in the vehicle. The suspect approached the victim, pointed a black semi auto gun at the victim's head and told her to give him all of her stuff. The victim, fearing for her life, gave the suspect everything. The suspect jumped back into the car and sped off. Officers searched the area for the suspect and vehicle, to no avail. The victim was not injured during the incident. At 7 p.m. on the 100 block of Leland Avenue, a 43 year-old Visitation Valley woman was entering her home when another woman dropped the leash of the dog she was walking and tried to pull the first woman's purse from her shoulder. The pair struggled and the first woman's friends came to her aid. The first woman fell to the ground and the dog bit her shoulder. The suspect fled without the purse and was seen entering a home on the 200 block of Leland Avenue. A tactical officer and posse found the perpetrator and arrested the 33 year-old San Francisco woman for attempted robbery and for two San Mateo County warrants. The dog was not found. At 10:15 p.m. on Silliman Street at San Bruno Avenue, a victim was struck in the nose by a suspect's elbow. The suspect attempted to take victims iPod, to no avail. Victim refused medical help. The suspect fled the area on foot. No arrest was made.

*On July 5 at 10:40 a.m. on the 1500 block of Sunnydale Avenue, an officer and posse arrested a 30 year-old Sunnydale District man for a sexual assault that had occurred the day before in the Western Addition.

On July 6 at 5:30 p.m. on the 100 block of Campbell Avenue, a San Rafael woman was visiting with her boyfriend at his home when three men entered the house. One produced a handgun and demanded money from the boyfriend while the other two men searched the house. The boyfriend broke through a window and ran away from the home. The three men escaped with money and a computer. A police sergeant and posse investigated. They found marijuana growing inside the home. Narcotics Division seized the marijuana and the case was assigned to the Robbery Detail.

*On July 8 at 6:10 p.m. at Sunnysdale Avenue and Britton Court, officers gave chase to a 22-year-old Visitation Valley man who ran from them. The man surrendered and the officers found Ecstasy in his pocket. At 10:07 p.m., two Sunnysdale District men were fired upon by a suspect with a gun as they drove on the 1200 block of Sunnysdale Avenue. Neither man was hurt. *See Next Page*

See Next Page

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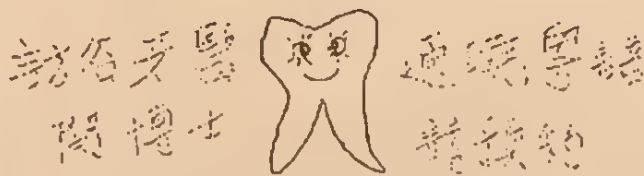
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Police Cases

*On July 9 at 2:43 a.m., officers responded to a shooting at Silver and San Bruno avenues. Officers spoke with two victims who had been shot, both receiving wound to their legs. The victims stated they were standing near the bus stop when several unknown suspects ran up to them. One of the suspects began shooting at them, hitting them in the legs. The victims gave descriptions of the suspects to the officers. Officers searched the area and stopped several Muni buses in an attempt to locate any suspects, to no avail. No one else was injured during the incident. At 11:13 a.m. on the 500 block of Girard Street, an officer was driving in the area when he saw a person, lying on a citizen's stairs, sleeping. The person also had his pants around his ankles. The officer ran the person's identification and found that he had a search condition. The officer searched the individual and found a BB gun on him. The officer cited the individual and confiscated the BB gun. At 3:15 p.m. on the 500 block of Carter Street, an officer investigated a fight and named a 42 year-old Crocker Amazon man as a suspect in a domestic violence case. At 2:30 p.m. on the 1900 block of Sunnydale Avenue, officers investigated a family argument and arrested a 38 year-old Sunnydale District man on two local warrants. At 9:50 p.m. on the first block of Brookdale Avenue, officers admonished four men about drinking in public and asked them to take their party indoors. Three of the men obliged the officers but the fourth man cursed them and challenged them to fight. The officers struggled with the 38 year old resident of the 1400 block of Hudson Avenue and succeeded in restraining him only to have a crowd try to lynch their prisoner. An officer suffered an injury to his arm in the arrest. The man was booked into the County Jail on three felony charges.

*On July 10 at 4:50 p.m. on the 200 block of Desmond Street, officers arrested a 51 year-old Visitacion Valley man in front of his home when he tried to drive off in a stolen car. The car had been purchased with a bad check on the 3400 block of Cesar Chavez Street. At 9:50 p.m. on the 1000 block of Brussels Street, a Portola District man saw another man following him as he walked home. He then found the follower standing behind him at his front door. The follower produced a gun and robbed the man of his laptop computer. At 11:05 p.m. on Geneva Avenue at Santos Street, two teenagers followed a Portola District woman from a Muni bus and asked her for a dollar. The teenage girls snatched the woman's cash, cell phone and Muni Fastpass from her wallet when she opened it.

*On July 11 at 5:25 a.m. at Sunnydale Avenue and Hahn Street, a 46 year-old Sunnydale woman was set upon by two robbers as she waited for a bus. The suspects pulled the victim's hood over her head and took her belongings. At 7:45 p.m. on Sunnydale Avenue at Sawyer Street, an officer responded on the call of shots fired and found two parked cars damaged by bullets.

*On July 12 at 3:22 p.m., an officer and a police sergeant were flagged down by citizens on Silver and San Bruno avenues regarding a fight. Officers spoke with the victim who told them that he had been walking on Silver when two unknown suspects came up behind him and demanded money. The victim, who was mentally challenged, told the suspects he did not have any, and the suspects began to beat the victim. A witness pulled one of the suspects off the victim. The victim's mother refused any medical help for the victim. The suspects were taken into custody and transported to Bayview Station for further investigation by a robbery inspector.

*On July 13 at 4:50 p.m. on Leland Avenue at Bayshore Boulevard, an officer stopped a motorist, a 43 year-old resident of the 200 block of Brus-

sels Street, for a registration violation. The man was driving with a suspended license and was wanted in San Mateo County on a warrant for similar charges. He was booked at Mission Station and his car was impounded.

*On July 14 at 12:30 p.m. on the 100 block of Leland Avenue, three men wearing gloves and ski masks entered a pharmacy. One man was armed with a hand gun. The robbers took 600 Oxycontin pills, all the money in the cash register, and a customer's money before fleeing in a grey four-door Honda. At 2:30 p.m. on the first block of Blythdale Avenue, a 17 year-old Sunnydale male was shot in the arm by another teenager. The shooter fled in a grey car. At 11:50 p.m. on the 1800 block of Sunnydale Avenue, a 14 year-old Sunnydale male was shot in the hand by an unknown suspect. A nearby residence was struck by bullets and one of its occupants was hit in the eye by flying glass. Two parked cars were also hit by bullets.

*On July 15 at 11:10 a.m. on the 1200 block of Girard Street, an officer and posse responded on the call of shots fired and found a Portola District man shot to death inside a parked car. An inspector from Homicide Detail took over the case. At 12:15 p.m. on Visitacion Avenue at Mansell Street, a 39 year-old San Leandro motorist reported that he had been shot at by two men in another car. His car was damaged and he suffered a cut to his hand. At 2:40 p.m. on Blythdale Avenue at Hahn Street, a 17 year-old Sunnydale resident reported that a suspect fired shots at him and his friends. No one was hit but two parked cars suffered damage from bullets. At 6:38 p.m., officers responded to the 2000 block of San Bruno Avenue regarding a robbery. Officers spoke with a victim who told them that two unknown suspects had stolen his iPod while he was inside Walgreens. The suspects asked to see the iPod and then to buy it off of the victim. The victim told the suspects no, at which time one of the suspects grabbed the iPod out of the victims hand and ran out of the store. The suspects were not located. The victim was not harmed. At 9 p.m. at Somerset and Ordway streets, a 26 year-old Visitacion Valley woman was set upon by two teenage girls who restrained her and rifled her pockets. The robbers fled with the woman's iPod.

*On July 16 at 2:40 p.m. on the first block of Blythdale Avenue, officers found smoke emanating from a vacant apartment and summoned the Fire Department. SFFD personnel determined that the cause of the fire was arson. No one was injured in the fire. At 6:50 p.m. on the 1200 block of Brussels Street an officer responded to San Francisco General Hospital to investigate a domestic violence incident. He named a 20 year-old OMI District resident as a suspect in the case. At 10:45 p.m., a citizen went to Bayview Station to report that he was the victim of a carjacking at San Bruno Avenue and Bacon Street. The victim stated that he was leaving a store on San Bruno when an unknown suspect came up to him and while simulating a weapon in his pocket, demanded the keys to his car. The victim complied and the suspect got in the car and drove off. The vehicle was later found by the victim in another location with damage to the front end, indicating the vehicle had been in a collision.

Police Summaries

*June 16: Dartmouth and Felton Sts., malicious mischief, graffiti

*June 17: Wheeler Ave. near Blanken Ave., battery

*June 17: 1700 block of Sunnydale Ave., possession of base/rock cocaine for sale

*June 17: San Bruno Ave. and Bacon St., malicious mischief, vandalism

*June 17: San Bruno Ave. and Bacon St., aggravated assault with deadly weapon

*June 17: Woolsey and Holyoke Sts., grand theft purses/natch

*June 18 San Bruno Ave. between Olmstead and Dwight Sts., battery

*June 19: Sunnydale Ave. and Peabody St., possession of meth-amphetamine.

*June 19: Sunnydale Ave. and Peabody St., stolen automobile

*June 19: Brussels St. between Wayland and Ba-

con Sts., attempted robbery on street with bodily force.

*June 19: Bacon and Amherst Sts., robbery on street, strongarm

*June 20: Raymond Ave. and Sawyer St., battery

*June 20: Raymond Ave. and Sawyer St., malicious mischief, vandalism

*June 20: Mansell St. and John F. Shelley Dr., arson of vehicle

*June 20: Santos St. at Blythdale Ave., robbery on street with dangerous weapon

*June 20: First block of Brookdale Ave., aggravated assault with gun

*June 20: 100 block of Blythdale Ave., burglary of residence, forcible entry

*June 20: San Bruno Ave. and Felton St., petty theft from locked auto

*June 21: Teddy Ave. and Alpha St., attempted theft from locked vehicle

*June 21: Girard and Dwight Sts., carjacking with gun

*June 21: San Bruno Ave. and Burrows St., robbery on street with dangerous weapon

*June 22: 8 40 p.m., 300 block of Woolsey St., loss of car rims and tires

*June 22: Mansell St. and San Bruno Ave., robbery on street with knife

*June 22: Tioga Ave. and Alpha St., grand theft from locked auto

*June 22: Tioga Ave. and Alpha St., malicious mischief, vandalism of vehicles

*June 22: Schwern St. at Kellogg Ave., stolen automobile

*June 22: Hahn St. at Blythdale Ave., petty theft from locked auto

*June 22: Woolsey and Brussels Sts., petty theft from locked auto

*June 22: Felton and Somerset Sts., attempted robbery on street with deadly weapon

*June 22: Princeton and Felton Sts., attempted robbery on street with bodily force

*June 23: Blanken and Peninsula Aves., petty theft from locked auto

*June 23: Brussels St. and Harkness Ave. stolen automobile

*June 23: Raymond Ave. and Elliot St., grand theft from building

*June 23: Leland Ave. and Sawyer St., stolen automobile

*June 23: Delta St. and Sunnydale Ave., petty theft of property

*June 23: Sunnydale Ave. and Sawyer St., aggravated assault with gun

*June 23: San Bruno Ave. and Bacon St., attempted petty theft of property

*June 24: Olmstead and Girard Sts., robbery on street, strongarm

*June 24: Leland Ave. and Alpha St., robbery, bodily force

*June 24: Arleta Ave. and Alpha St., burglary of residence, unlawful entry

*June 24: 1700 block of Sunnydale Ave., burglary of residence, forcible entry

*June 24: Girard St. near Bacon St., grand theft from locked auto

*June 24: Silliman and Goettingen Sts., battery

*June 24: Holyoke St. near Bacon St., robbery on street, strongarm

*June 24: Wayland and Cambridge Sts., robbery on street, strongarm

*June 25: 7:35 p.m., 1600 block of Sunnydale Ave., forced entry through window, TV, computer and Playstation taken.

*June 25: Teddy and San Bruno Aves., attempted homicide with dangerous weapon

*June 25: Sunnydale Ave. and Loehr St., burglary, forcible entry

*June 25: 1600 block of Sunnydale Ave., burglary of apartment house, forcible entry

*June 25: Santos St. at Brookdale Ave., grand theft from locked auto

*June 25: 100 block of Blythdale Ave., petty theft from locked auto

*June 25: Silver Ave. and Girard St., petty theft from locked auto

*June 26: 4 40 p.m., First block of Campbell Ave., residential burglary occurred between 9 a.m. and 2 p.m., forced entry via front gate and front door, jewelry and money taken.

*June 26: 9 p.m., 200 block of Blythdale Ave., residential burglary occurred between 12 noon and 9 p.m., forced entry via side window, computer, iPod and clothing taken.

*June 26: Sparta St. near Harkness Ave., stolen truck

*June 26: Tucker Ave. between Rutland and Delta Sts., possession of narcotics paraphernalia

*June 26: 1700 block of Sunnydale Ave., aggravated assault with bodily force

*June 26: 1700 block of Sunnydale Ave., malicious mischief, vandalism

*June 26: 100 block of Blythdale Ave., burglary of residence, forcible entry

*June 26: San Bruno Ave. and Bacon St., battery

*June 26: Silliman and Goettingen Sts., burglary of apartment house, forcible entry

*June 27: 5:30 p.m., 1500 block of Sunnydale Ave., residential burglary, hot prowl occurred between 10 30 a.m. and 2 p.m. while a resident slept at home, forced entry via kitchen window, TV and cell phone taken.

*June 27: 1700 block of Sunnydale Ave., malicious mischief, vandalism

*June 27: Hahn St. at Blythdale Ave., petty theft from building

*June 27: San Bruno Ave. and Woolsey St., robbery, bodily force

*June 27: Burrows St. near Girard St., malicious mischief, vandalism of vehicles

*June 27: Mansell and Somerset Sts., grand theft of property

*June 27: Mansell St. and San Bruno Ave., grand theft pickpocket

*June 27: Holyoke and Burrows St., robbery on street, strongarm

*June 27: Dwight St. between Hamilton and Holyoke Sts., malicious mischief, vandalism

*June 27: Bowdoin and Bacon Sts., stolen automobile

*June 27: Bacon and Goettingen Sts., stolen automobile

*June 28: Sunnydale Ave. and Loehr St., burglary, unlawful entry

*June 28: 1600 block of Sunnydale Ave., battery

*June 29: Mansell St. and San Bruno Ave., robbery, bodily force

*June 29: 1500 block of Sunnydale Ave., malicious mischief, breaking windows

*June 29: 1600 block of Sunnydale Ave., battery

*June 29: 1700 block of Sunnydale Ave., battery

*July 1: 100 block of Raymond Ave., aggravated assault with deadly weapon

*July 1: Santos St. at Blythdale Ave., possession of base/rock cocaine for sale

*July 2: Sunnydale Ave. and Sawyer St., possession of marijuana

*July 3: 9 p.m., 300 block of Elliot St., residential burglary occurred between 8 a.m. and 8 40 p.m., forced entry via back door, computer and jewelry taken

*July 3: 100 block of Blythdale Ave., possession of base/rock cocaine for sale

*July 3: 100 block of Blythdale Ave., malicious mischief, breaking windows

*July 3: San Bruno Ave. and Bacon St., aggravated assault with deadly weapon

*July 4: Burrows and Brussels Sts., robbery, armed with gun

*July 4: San Bruno Ave. near Campbell Ave., stolen automobile

*July 4: San Bruno Ave. and Silliman St., battery

*July 4: San Bruno Ave. and Silliman St., attempted robbery with bodily force

*July 5: Silliman and Hamilton Sts., stolen motorcycle

*July 5: Wayland and Girard Sts., grand theft auto strip

*July 5: 1800 block of Sunnydale Ave., malicious mischief, breaking windows

*July 5: Geneva Ave. and Carter St., stolen truck

*July 5: San Bruno Ave. and Felton St., robbery, bodily force

*July 5: San Bruno Ave. and Felton St., robbery on street with gun

*July 6: Campbell Ave. near Brussels St., planting/cultivating marijuana

*July 6: Bowdoin St. near Mansell St., stolen motorcycle

*July 7: 7:30 p.m., 100 block of Blythdale Ave., residential burglary occurred between 2:45 and 7 15 pm., entry via open window, television, computer and a pet guana taken

*July 7: 9 p.m., Silliman and Girard Sts., burglary, loss was a radio, TV, speaker box, amplifier, binoculars and a TV monitor

*July 7: Visitacion Ave. and Peabody St., grand theft from locked auto

*July 7: Visitacion Ave. and Delta St., stolen truck

*July 7: Holyoke and Felton Sts., robbery, bodily force

*July 7: Silliman and Girard Sts., grand theft from locked auto

*July 8: 8 15 p.m., First block of Blythdale Ave., residential burglary occurred between 8 30 a.m. and 7 40 p.m., forced entry via rear sliding glass door, play box and camera taken

*July 8: Sunrise Wy. near Sawyer St., battery

*July 8: San Bruno and Wilde Aves., battery

*July 9: 11 40 p.m., First block of Brookdale Ave., residential burglary occurred between 6 and 11 p.m., forced entry via kitchen window, television and jewelry taken

*July 9: Silliman and Holyoke Sts., grand theft auto strip

*July 9: Silliman and Holyoke Sts., attempted stolen vehicle

*July 9: Goettingen and Mansell Sts., malicious mischief, vandalism

*July 10: Carter St. near Geneva Ave., battery

*July 10: Silliman and Hamilton Sts., stolen automobile

*July 10: 1800 block of Sunnydale Ave., possession

Visitacion Valley Grapevine - August 2008 - 9 of base/rock cocaine for sale

*July 10: 1800 block of Sunnydale Ave., maintaining premise where narcotics are sold/used

*July 10: Schwern St. and Towerside Ave., arson of inhabited dwelling

*July 10: Schwern St. and Towerside Ave., malicious mischief, vandalism

*July 11: Brussels St. and Harkness Ave., stolen automobile

*July 11: First block of Tucker Ave., stolen automobile

*July 11: Sunnydale Ave. and Santos St., burglary of apartment house, forcible entry

*July 11: San Bruno Ave. and Woolsey St., stolen automobile

*July 11: San Bruno Ave. near Silliman St., malicious mischief, breaking windows

*July 11: Felton St. near Bowdoin St., grand theft from locked auto

*July 12: Campbell Ave. near Rutland St., malicious mischief, vandalism

*July 12: San Bruno and Silver Aves., aggravated assault with bodily force

*July 12: San Bruno and Silver Aves., attempted robbery on street with bodily force

*July 13: 2 a.m., 500 block of Woolsey St., theft from vehicle

*July 13: 12 40 p.m., First block of Ankeny St., residential burglary occurred between 10:30 a.m. and 12:30 p.m., forced entry through rear door, three suspects: black males, ages 19-20 years old, wearing dark clothing seen fleeing the residence, unknown what was taken at the time of the report

*July 13: 1:30 p.m., 200 block of Hahn St., residential burglary occurred between 9:30 a.m. and 1:15 p.m., forced entry via kitchen window, game boxes, cash and jewelry taken

*July 13: Ankeny and Bishop Sts., burglary of residence, forcible entry

*July 13: Leland Ave. and Schwern St., malicious mischief, vandalism of vehicles

*July 13: Leland Ave. and Elliot St., petty theft from locked auto

*July 13: 200 block of Hahn St., burglary of residence, forcible entry

*July 13: First block of Cielito Dr., stolen automobile

*July 14: Leland Ave. and Elliot St., malicious mischief, vandalism of vehicles

*July 14: 5:30 p.m., 3400 block of San Bruno Ave., residential burglary occurred between 8 a.m. and 5:30 p.m., forced entry via front door, television taken

*July 14: Dwight and Hamilton Sts., petty theft from locked auto

*July 15: Girard St. between Olmstead and Dwight Sts., attempted theft from locked vehicle

*July 15: Girard and Mansell Sts., possession of amphetamine

*July 15: San Bruno Ave. and Felton St., grand theft from locked auto

*July 15: First block of Blythdale Ave., malicious mischief, breaking windows

*July 16: 4:30 p.m., First block of Blythdale Ave., residential burglary occurred between 12:30 and 3:30 p.m., forced entry via from window, groceries taken

*July 16: First block of Tucker Ave., battery

*July 17: Bowdoin St. near Olmstead St., grand theft from building

*July 17: 1700 block of Sunnydale Ave., burglary of apartment house, forcible entry

*July 18: 1700 block of Sunnydale Ave., malicious mischief, vandalism

*July 18: Girard and Mansell Sts., robbery, bodily force

Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report

Legislation Improves S.F. Seismic Safety

In his ongoing effort to ensure that buildings in San Francisco are as structurally sound as possible, Mayor Gavin Newsom on July 7 announced new legislation and issued Executive Directive 08-07 to address seismic safety issues around "soft-story" buildings. The Directive and legislation will expedite development of retrofit guidelines for soft-story, wood-frame buildings and the processing and review of permits for seismic retrofit upgrades of these buildings.

"Although there is no such thing as an earthquake-proof building, engineers agree that proper seismic retrofitting can give buildings a fighting chance against a sizeable earthquake," said Mayor Newsom. "We must take the same measures to insure the safety of our homes and workplaces as we do our families and selves."

Under the Directive, the Building Inspection Commission, the Planning Commission, the Fire Marshal, Department of Building Inspection (DBI), the Planning Department, and the Department of Emergency Management (DEM) are to work together to implement the following efforts:

"Expedite completion of the soft-story component of the Community Action Plan for Seismic Safety (CAPSS) initiative, including the development of retrofit guidelines for soft-story, wood-frame buildings;

"Expedite immediately and waive fees for projects that include seismic strengthening and related Planning Department reviews of soft-story buildings;

"Increase outreach and awareness on the importance of seismic strengthening;

"Create a soft-story, wood-frame exercise scenario in the October 2008 citywide emergency drill.

"Implementation of this executive directive will expand significantly and accelerate ongoing efforts to ensure the safety of life and property in the San Francisco," said DBI Director Isam Hasenin. "Our efforts are focused on better understanding the types of building that are most vulnerable to seismic events in order recommend measures to improve them."

The Community Action Plan for Seismic Safety (CAPSS) initiative is currently identifying the types of softstory wood-frame buildings in San Francisco and their location, evaluating a range of vulnerability factors, and designing retrofit options and costs, all while engaging and alerting the public to make property owners and tenants aware of potential seismic vulnerabilities. A soft-story building is one that typically has large openings on the ground floor such as multiple garage doors or large storefront windows.

Additionally, the supporting legislation will require City departments that issue building and renovation permits to expedite the review and permitting process for projects where the scope of work includes voluntary seismic retrofit upgrades to soft-story buildings. The legislation also proposes the waiver of those fees associated with the review and permitting of such scope of work.

Grapevine Puzzler

A S L B E N E V E N T O T N E G I R G A
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Agrigento	Biella	Cosenza	Imperia
Alessandria	Bologna	Cremona	Isernia
Ancona	Bolzano	Crotone	L'Aquila
Aosta	Brescia	Cuneo	La Spezia
Arezzo	Brindisi	Enna	Latina
Ascoli	Cagliari	Ferrara	Lecce
Piceno	Caltanissetta	Firenze	Lecco
Asti	Campobasso	Foggia	Livorno
Avellino	Caserta	Forli	Lucca
Bari	Catania	Frosinone	Macerata
Belluno	Catanzaro	Genova	Mantova
Benevento	Chieti	Gorizia	Massa
Bergamo	Como	Grosseto	Marrara

Historic Proportions

1869
Match clues to answers.
1. He succeeded Andrew Johnson as U.S. President on Mar. 4.
2. First person ever killed in a car accident on
3. Inaugurated in Egypt on Nov. 17.
4. British parliament passes bill on May 29 ending this.
5. Transcontinental Railroad completed here on May 10.
6. John Wesley Hyatt patented this on June 15.
7. Triple Alliance forces took this on Dec. 31.
8. Naval Battle of Hakodate fought here in May.
9. American Museum of Natural

History opened here on Apr. 8.
10. On Jan. 20, Elizabeth Cady Stanton was the first woman to testify here.
11. Founded May 6 in West Lafayette, Indiana.
12. They opened the baseball season on June 1 as the first professional team.
A. Celluloid
B. New York
C. Japan.
D. Cincinnati Red Stockings
E. Mary Ward
F. Asunción
G. Ulysses S. Grant
H. Public hanging
I. Purdue University
J. Suez Canal
K. Promontory, Utah.
L. United States Congress

As a Matter of Fact

*The American Museum of Natral History in New York City is the largest natural history museum in the world.
*The "laser" is Light Amplification by Stimulated Emission of Radiation.
*Unlike other light, which scatters, laser light travels in only one direction.
*The first semielectronic digital computing device was constructed by John V. Atanasoff, an American mathematician and physicist.
*New Zealand has more sheep per capita than anywhere else in the world.

Grapevine Five Years Ago

AUGUST 2003
*Visitation Valley residents and friends listened as speakers from the San Francisco Public Library described plans for a new branch library at a July 14 meeting of the Visitation Valley Planning Alliance.
*The new John King Child and Family Development Center – located within the Senior Community complex at 500 Raymond Ave celebrated its grand opening with festivities on Aug. 1.
*The San Francisco Bicycle Coalition unveiled 20 high-priority bike lane projects which included plans for Bayshore Boulevard.

Sump, the Gump



Baby Boomers

by Rix Quinn
New Beginning
Some people claim the 1950s began a new American era. I think they were right.
For thousands of young families, the 1950s signaled a new beginning. Adults raised in the Depression, then suffering through a World War, could begin new lives and new families simultaneously.
Great demand for goods and services offered opportunity. New businesses sprang up. Servicemen and women were offered the opportunity to continue their educations with the G.I. Bill.
Baby Boomers were born into this rapidly expanding economy. For many children, it meant new neighborhoods, expanding schools, new teachers, and new technologies.
Box Tops
What's really important in a Boomer's life? In the 1950s and 1960s, it was the cereal box top.

Figuring Out the Batting Average on

Many Americans are knowledgeable when it comes to sports scores and stats. You can chat with a guy sitting next to you on the train and he can tell you right away how many yards his favorite football team rushed last year or the current standings of his hometown baseball team.
However, it's a different ball game when you ask people about their credit score. Surveys in recent years have indicated that the majority of Americans do not understand what credit scores mean and many who struggle because of low credit scores have no idea what steps they can take to improve their credit situation.
Loretta Abrams, senior vice president of Consumer Affairs at HSBC-North America, encourages consumers to learn and enhance their credit scores, which affect every aspect of our daily lives, from purchasing homes and cars to finding employment and renting an apartment.
Credit scores have been developed to predict a consumer's creditworthiness. Credit-reporting agencies use a formula to crunch all the stats from a person's credit activities into one number—usually between 300 and 850. The higher the score, the better (just like a baseball batting average). A high credit score means that a consumer may have access to loans and other financial services at a more favorable rate. For example, an average homeowner can save thousands of dollars in interest over the term of a loan if his or her credit score is

Oh, That Brass Monkey!

It was necessary to keep a good supply of cannon balls near the cannon on old war ships. But how to prevent them from rolling about the deck was the problem. The best storage method devised was to stack them as a square based pyramid, with one ball on top, resting on four, resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon.
There was only one problem – how to prevent the bottom layer from sliding/rolling from under the others. The solution was a metal plate with 16 round indentations, called a Monkey. But if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make brass monkeys. Few landlubbers realize that brass shrinks much more and much faster than iron when chilled.
Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannon balls would come right off the monkey. Thus, it was, quite literally, cold enough to freeze the balls off a brass monkey. And all this time, you thought that was a vulgar expression, didn't you?

Huh?
Yes, the box top was the proof that you'd purchased a certain cereal brand. If you had enough of the right kind, you could send them in to the company, and receive a neat prize.
That prize might be a toy, a doll, or a little book. My favorite was a secrete decoder ring. Using the ring, you could interpret "secret messages" left for you on certain kids' shows.
Sure, sometimes the message was just "eat your vegetables." But hey, it was a message only for decoder ring wearers. Is that cool, or what?
Time Period
Q: I was born in November 1964 and am barely a text book Baby Boomer. Who and what determined the time period that distinguishes this? – Victoria Damiani, Ohio
Victoria, the Baby Boomer generation has been described as those born between 1946 and 1964. Those children born between 1955 and 1964 are also called "Generation Jones" to distinguish them for the early Boomers and Generation X,

which immediately followed them.
Now, here's a personal opinion: many of those born in 1955-1964 are the younger children of the Greatest Generation, born 1911-1924.
School Lunches
One common subject Boomers discuss is school lunches. Back in the 1950s and 1960s several Boomers recall school food as "really good, especially in elementary school."
An older Boomer says he remembers lunch at his elementary school "cost 37 cents." That included one meat, two vegetables, a fluffy roll, and a choice of beverages.
"We could get a carton of plain milk -- that was before the 2 percent or fat-free -- or a carton of chocolate milk, or a sweet non-carbonated orange drink," he said.
He said most children either bought lunch at school or brought it from home in a paper bag or lunch box. (We'll talk much more about lunch boxes in another column.)

Rix Quinn's new book "Baby Boomers Speak!" is available at Amazon.com.

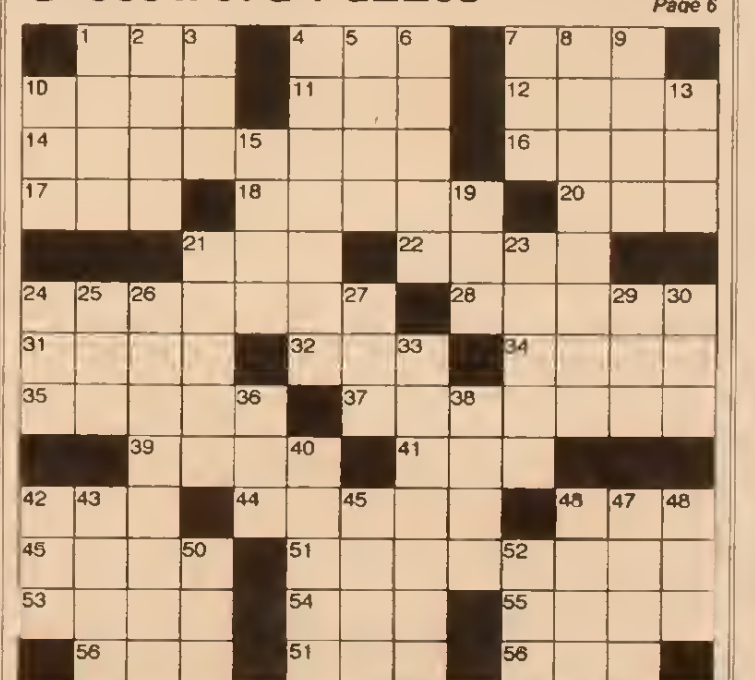
Figuring Out the Batting Average on Your Credit Score

above 700, compared to someone whose score falls below 660.
In addition, employers, insurers and landlords are increasingly incorporating individuals' credit reports into their lineups to inform their decision making. Therefore, understanding credit scores and maintaining good credit history are critical to your financial high standing in today's challenging economy.
A baseball player increases his batting average by taking more batting practice and working on his swing. Similarly, there are proven methods to improve your credit score. The first step is to check your credit report. The FACT Act of 2003 allows consumers to receive a free credit report, from each of the three credit-reporting agencies, once each year. Take advantage of this benefit; request your report and check it for
More NERT Training In August at VVES
NERT Disaster Preparedness Training continues at Visitation Valley Elementary School, 55 Schwerin St. for three more sessions on Wednesday evenings from 6:30 to 9:30 p.m. on Aug. 6, 13 and 20. Please call (415) 970-2024 or visit www.sf.gov/ofsfdnert for more information.

accuracy. If your credit score needs to be raised, develop a plan and begin now to adopt new behaviors that will have a positive impact on your credit score.
Keep your eye on the ball with the following steps: Create a budget, pay all bills on time to keep credit card balances low and only open new credit accounts when absolutely necessary. If you want to increase your knowledge in personal finance, there are all kinds of free resources available on the Internet. For example, HSBC-North America has a financial education Web site, Your MoneyCounts.com, which provides consumers with free information on a wide range of topics, from credit scores to homeownership preservation.
As sports fans are tracking the batting average of their favorite baseball players for the season, we also encourage everyone to spend time learning how to manage money and track and improve his or her credit score. Good credit means more resources are accessible to you in life, gives you the peace of mind to enjoy all the games you want and, more important, offers you the hope for a winning and healthy personal financial future

NAPS

Crossword Puzzle



- | | | | |
|--|--|---|--|
| ACROSS
1 Federal Trade Commission (abbr.)
4 Fuel
7 Chief executive officer (abbr.)
10 King of Israel
11 Border
12 Spindle
14 Fence of stakes
16 Spin
17 Turk. title
18 Almost
20 Sheep's cry
21 Delay
22 Coarse file
24 Sacred city of India
28 Friend of Mowgli | DOWN
31 Winglike
32 Mythical bird
34 Lofty
35 Daughter of Helios
37 Male falcon
39 Alaska Hawaii Std. Time (abbr.)
41 Fellow
42 Anglo-Saxon letter
44 Prophetess
46 Fish with bait on the surface
49 Loess
51 Font
53 In the matter of (2 words)
54 Art (Lat.)
55 Academy (abbr.)
56 Trouble
57 Modernist
58 Ancient stringed | Instrument
DDWN
1 Droop
2 Broed structural basin
3 Greek letter
4 Farmer
5 Helper
6 Chic
7 Lobster box
8 Model
9 Olive genus
10 Environmental Protection Agency (abbr.)
13 Guido's note (2 words)
15 Fr.-German region
19 Mortar beater
21 Tamarack | 23 Filled completely
24 Cistem
25 Teacher of Samuel
26 4th Incarnation of Vishnu
27 Distress signal
29 Cheer
30 Danube tributary
33 Cousteau's ship
36 Curved letter
38 Money
40 Giant
42 Yale student
43 Port. Lady
45 Cow shelter
46 Carplike fish
47 Adjective-forming (suf.)
48 Garden plot
50 Honey
52 Trand |
|--|--|---|--|

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3682 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1006
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE EA., 2320 Bayshore Blvd., 239-5333

CARPETS
HAN SAN INTERIORS, 41 Leland Ave., 333-6382

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2156 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.

CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5363

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT

CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLOORS
TEDDY B'S HARDWOOD FLOORS, 309-6342

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2636 Bayshore Blvd., 239-5990

GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E Z STOP MARKET, 2203 Geneva Ave. 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SUPER FAIR MARKET, 201 Leland Ave. 239-6856
TEDDY'S MARKET, 298 Teddy Ave.

HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EOIE EPPS (A H E INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LANDSCAPING
SAN FRANCISCO LANOSCapes, 256 Talbert St., 585-9137, sfscnscapes.com

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2669
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILO AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDREN'S PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER
SEE'S CANDIES, INC., 345 Schwann St.

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
OR SAM HO, MD, 2858 San Bruno Ave. 337-6135

NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Dnyang Patel), 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS
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GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arieta Ave., 467-7401

POST OFFICE
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REAL ESTATE
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CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163

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G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAVANT TAQUERIA, 98 Leland Ave., 587-7721
TWO JACK'S, 167 Leland Ave., 337-0433

SCULPTOR
CARTORIGINALS (Mikal Cantori), 2 Hahn St., 239-4138

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OYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

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VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOOM), 1099 Sunnydale Ave., 587-7896 ext. 104

TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Six Important Tips For a Successful Life

"People who don't set goals wind up asking, 'How come I never got what I wanted out of life?'"

Those are the words of Theodore Carl Soderberg, author of the new book *Uncharted Waters*. Soderberg isn't just a successful author. He has two honorable discharges from the United States Navy, has been on the silver screen in *Basic Instinct* and the *Rock*, has made a small fortune selling exotic cars, and has toured the world with the merchant marines.

How has he achieved every dream he has ever wanted? "Setting goals. That really has been the secret of everything."

Here are six tips to earn a successful life — one half hour at a time:

1. Identify what you want — and when you want it. "Figuring out your dream can be the hardest part," says Soderberg. "So if you can't be specific, that's fine." You don't need to have a whole plan in place, says

Trans Fat Bill Now Becomes State Law

Governor Arnold Schwarzenegger on July 25 signed legislation which will phase out the use of trans fats in all California restaurants beginning in 2010 and from all baked goods by 2011.

"California is a leader in promoting health and nutrition, and I am pleased to continue that tradition by being the first state in the nation to phase out trans fats," said Governor Schwarzenegger.

Scientific evidence demonstrates a strong association between the consumption of artificial trans fat and the development of coronary heart disease and stroke, as well as other chronic conditions such as diabetes.

According to the New England Journal of Medicine, eliminating artificial trans fats from the food supply could prevent between six and 19 percent of heart attacks and related deaths each year.

Soderberg. You just need a firm idea in your mind of what you want — and a solid idea of when you want it by.

2. Schedule 30 minutes for your goal — every day. Set aside a half hour every day to do something to get closer to your dream. Every day you build on the progress you made the day before. "You don't expect to do the whole thing in a day or in a week — but a little bit every day, that really is the key to being successful."

3. Make goal setting a lifestyle. "The key here," says Soderberg, "is to make sure it's at the same time every day." If your 'goal time' becomes part of your daily routine, you'll be less likely to blow it off. Your scheduled goal time with yourself is as important as any commitment you'd make to someone else. You wouldn't dream of blowing off a half hour meeting with your boss. Make 30 minutes with yourself just as much of a priority.

4. Divide your goal into bite-sized pieces and tackle them one at a time. You can't expect to reach your goal without accomplishing the smaller steps building up to that success. "If your working on a big dream, break it down into little bite sized dreams along the way."

5. Congratulate yourself for each step you complete. Half of keeping motivated is remembering what you are working toward. The other half is acknowledging yourself for the work you've already done. Soderberg insists you pat yourself on the back at least once a month. "If that means buying yourself a flat screen or just nodding to yourself in the mirror, that's up to you."

6. Finish up one goal and get ready to tackle a new one. At some point you'll accomplish whatever goal you've set out to achieve. So why stop now? If you stop dreaming of new goals, your life will get boring again. Build on the goal you've achieved, or write down a whole new adventure.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Literacy with Games and Activities

Second Series:
Rainbow Fish Tales
and Time For Lunch
Saturday, August 16,
10 a.m. - 12 noon

Second Series of

Parents' Support Group
Thursday, August 7
4:30 - 6:30 p.m.

Parenting and Teaching Children

Facilitated by Julia Carmen and Associates

Every Wednesday

August 6, 13, 20 and 27
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution

Every Monday,
3 - 4 p.m.

August 4, 11, 18 and 25
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

August 2008 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
August 1 to 31, 9 a.m. - 5 p.m.

Jumpstart Hands-on Literacy
Fridays, 4:30 - 7 p.m.
66 Raymond Ave. (Gym)

August 1: Phonological Awareness:
Lady Who Swallowed a Fly

August 8: Music: Zini Zini Zini A Violini

August 15: Early Writing: Red is a Dragon

August 22: Print Awareness and Recognition:
Chicka Chicka Boom Boom

August 29: Celebration & Recall:
Max and Ruby's Show and Tell

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan, Cynthia Pun,
Joyce Boone, and Jenny Sosa



161 Leland Avenue, San Francisco, CA 94134

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Cathy Kline-Saunders
Swimming with her twin sisters at Russian River
Circa 1958



Enjoy your summer...
...and of course,
call me anytime!



CATHY KLINE SAUNDERS

Broker Associate - Top Producer

415.731.5011 x 163

